



# Pumpkin Soup- chicken stock and chicken noodle

Equipment:	Ingredients:
Scales	1.2 kg pumpkin
Chopping board	1 onion
Knife	2 garlic cloves
Small bowl	1 tablespoons olive oil
Large bowl	750ml chicken stock
Large pot	Salt and pepper
Wooden spoon	1 pkt chicken noodle soup mix
Measuring cup	
Stick blender	
Soup ladle	

**Instructions:** Cut skin from pumpkin. Cut pumpkin into small chunks.

Chop both ends off onion and peel. Dice onion.

Chop both ends of garlic and peel. Finely chop.

Heat olive oil in pot.

Add onion and garlic and fry for a couple of minutes until translucent and lightly browned.

Add pumpkin and stir well, allowing pumpkin to fry for a couple of minutes to develop flavours.

Add salt and pepper to taste. About a teaspoon of each.

Add chicken stock.

Bring to the boil, then allow to simmer until the pumpkin has cooked through and the liquid has reduced.

Remove from heat. Puree the soup with a stick blender. \*An adult will do this as the hot liquid can burn if splashed.

Return pot to a gentle simmer and add the chicken noodle soup mix. Simmer until noodles are cooked.

Serve and enjoy.