

LINDA LOVES

PUMPKIN SPICE & EVERYTHING NICE (SOUP)

📅 PERFECT FOR AUTUMN TIME ⌚ 1 HOUR 👤 6+



Ingredients

1 large or 2 small onions
1kg pumpkin, peeled, deseeded, cut into 1cm pieces
2cm piece of fresh turmeric (or teaspoon on dried)
4 cm (thumb sized) fresh ginger

(Optional) - 2-3 crushed cloves of garlic
(Optional) - 1 sweet potato

1 tsp (20 ml) of crunchy peanut butter
¼ teaspoon fresh/ chilli flakes (+ more to taste)
1L | 4 cups good tasting chicken/vegetable stock
1L | 4 cups boiling water
Salt and pepper to taste

Serve with a drizzle of chilli oil, chives, pumpkin, seeds and a thinned plain yoghurt.



Method

Step1: Chop the pumpkin and the carrots and sweet potatoes (if using) into large dice (about 1.5cm), make sure everything is about the same size if possible. Pop these onto a large baking tray and oven roast on a medium heat (180) for about 25 mins until the edges start to char.

Step2: Place a large saucepan on the heat and melt the coconut oil, add the onions and sweat for 5 mins without colouring. Keep stirring.

Step3: Chop the garlic, tumeric, ginger and chillies and add these to the softened onions, sweat for a further 2 mins.

Step4: Add all the roast veggies to the pan. Add the stock and the boiling water then add a tablespoon of peanut butter.

Step5: Bring to the boil, replace the pan lid and simmer for 25 mins until the veggies are very soft.

Step6: Liquidise the soup in batches until it is super smooth and creamy.

Step7: Bring back to the boil and serve hot from the pan or from a bowl slotted inside a hollowed out pumpkin.

Step8: Encourage your guests to trickle a drizzle of thin yoghurt, a splash of chilli oil over the soup and decorate with toasted pumpkin seeds and few chopped chives.