

Halloween



Roasted pumpkin soup

Ask a grown-up to help you make this delicious warming soup!



Make this soup with or without the spices depending on your taste

Ingredients

1.5kg (31b 5oz) Edible pumpkin
25ml (1fl oz) Rapeseed oil
1 tsp Dried chilli (optional)
1 tbsp Coriander seeds (optional)
1 Large onion
3 Cloves garlic
1 Carrot
1 Stick of celery
1 litre (1¾ pints) Hot vegetable stock

Method

- 1 Preheat the oven to 170°C/340° F.
- 2 Halve the pumpkin, remove the seeds (you can keep these for roasting), chop into wedges and remove the skin.
- 3 Place the pumpkin on two large baking trays and drizzle over a little of the rapeseed oil. In a pestle and mortar, grind the chilli and coriander seeds (if using) with a pinch of salt until finely ground.
- 4 Sprinkle the spices over the pumpkin with some black pepper. Roast the pumpkin for one hour, or until soft and slightly caramelised at the edges.
- 5 Meanwhile, roughly chop the onion, garlic, carrot and celery. Heat the remaining oil over a medium heat in a large saucepan, then add the vegetables and cook for 15 minutes or until soft and sweet but not coloured.
- 6 When the pumpkin is ready, add to the pan with the hot stock. Blend with a stick blender, adding a little more water if you like a thinner consistency.

