



Mains

Pumpkin soup

Method

- Preheat oven to 180°C fan-bake.
- Chop pumpkin into cubes, mix with garlic and onion in a large baking dish; drizzle with oil, salt and pepper.
- Roast for about 40 – 45 minutes then remove garlic and put aside.
- Add chilli to baking dish, continue roasting the pumpkin, chilli and onion for about another 15 minutes or until soft.
- Add roasted garlic back to dish, then blend or process the roasted vegetables with vege stock until smooth.
- Place mixture in a large saucepan, stir over heat until hot; stir in cream and thyme. Simmer soup until flavors meld, 5 – 10 minutes longer.
- Season to taste with salt and pepper.

Ingredients

- 2 medium sized pumpkin sliced
- 10 sprigs thyme, tied together
- 1 medium onion, thinly sliced
- 2 garlic cloves, thinly sliced
- 1 small chilli sliced thinly
- 1/2 cup heavy cream
- 1 cup of vege stock
- Sea salt, freshly ground pepper