MIXER'S
PUMPKIN SOUP

SERVES 4

INGREDIENTS

- 1 pumpkin
- 2 tablespoons olive oil
- 2 onions, chopped
- 1 tablespoon dried oregano
- 600ml low-salt vegetable stock
- Freshly ground black pepper, to taste
- Low-fat Greek-style yoghurt

EQUIPMENT

- chopping board • vegetable peeler •
- large chopping knife • tablespoon •
- measuring jug • saucepan with lid •
- hand blender •

1

Ask an adult to turn the oven on and preheat it to 200°C /Fan 180°C.

Place a damp tea towel under the chopping board to stop it from moving around.

Ask an adult to help you peel your pumpkin. Then ask them to slice off the top and bottom to create a flat surface, and then cut the pumpkin in half.

2

Scoop out the seeds and the stringy flesh – save the seeds because you can roast them as a yummy snack (see next page).

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PUMPKIN SOUP

3

Then ask an adult to help you chop the pumpkin into 1-inch chunks.

Add the pumpkin to a baking tray with 1 tablespoon of oil and the oregano.

Roast in the oven for around 40 minutes, or until the pumpkin is soft.

4

Next, ask an adult to help you heat the oil in a large saucepan and add the onion.

Cook it on a low heat until it becomes translucent – around 10 minutes.

5

Add the cooked pumpkin to the saucepan and stir.

Then add the stock and cook or 10 more minutes until the pumpkin is completely soft.

Season with black pepper.

6

To blend the soup, ask an adult to help you using a hand blender or tip the soup into a food processor.

Be careful as the soup will be hot and might spit.

ROASTED PUMPKIN SEEDS

Rinse off the seeds so there's no stringy pumpkin attached.

Then roast them in the oven with 1 tablespoon of olive oil and seasoning of your choice – try black pepper, garlic powder, paprika or a sprinkle of parmesan cheese.

Roast for 15 minutes. Don't forget to wait for them to cool down before eating!

7

Serve with a tablespoon of yoghurt and a slice of bread of toast.

You could even top with roasted pumpkin seeds for a bit of crunch on top.

For a creamier texture, you can stir through some natural yoghurt at the end.

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