

## Roasted Pumpkin Soup



There is nothing quite like a bowl of warm goodness with a roasted pumpkin soup.

When roasted, pumpkin has a wonderful velvety texture in a soup, making it a go to when you're craving something warm and comforting.

### Ingredients

- 1 kg pumpkin
- 2 shallots or 1 medium sized onion
- 2 tbsp of finely chopped / minced
- 2 cloves of garlic, finely chopped / minced
- 2 tbsp olive oil
- ½ tablespoon paprika
- A pinch each of nutmeg & cinnamon powder
- 1.2 litre of vegetable stock (*if you are not a vegetarian, you can also use chicken stock. If you have only stock cubes at hand, then use around 1-2 stock cubes in 1.2 litres of warm water*)
- 1 tbsp lime juice
- Salt and Pepper to taste
- Coconut milk / fresh cream, pumpkin seeds and fresh coriander or chives as garnish (*You can add yogurt as a healthy alternative to coconut milk or fresh cream*)

### To make the soup

- Deskin and deseed the pumpkin, chop into rough-cut pieces
- Marinate the pumpkin pieces along with a little olive oil, paprika, cinnamon, nutmeg, pepper and salt.
- Place the marinated pumpkin in a baking tray and bake at 180°C for about 35-40 minutes or until soft and slightly caramelised at the edges.
- Place a thick bottomed pan on medium heat, add oil and onions. Sauté the onions until they turn soft.
- Add the chopped garlic and ginger and sauté for another minute
- Add the roasted pumpkin pieces, add in the stock and simmer for about 5 minutes.
- Blend the soup with a stick blender or whizz in a food processor / blender until it becomes smooth.
- Season with salt and pepper to taste.
- Add a swirl of Yogurt / coconut milk / fresh cream, pumpkin seeds and a sprinkling of fresh coriander or chives and enjoy hot.

**Total Time – 50 minutes**

**Serves – 4**

**Calories per serving – 110 kcals**