

Pumpkin Soup

Serves 6

Preparation and cooking times

🕒 Prep 20 mins

🕒 Cook 25 mins



Can be frozen if using vegetable stock



Method

1. Heat half the olive oil in a large saucepan, then gently cook the onions for 5 mins, until soft but not coloured. Add the pumpkin or squash to the pan, then carry on cooking for 8-10 mins, stirring occasionally until it starts to soften and turn golden.
2. Pour the stock into the pan, then season with salt and pepper. Bring to the boil, then simmer for 10 mins until the squash is very soft. Pour the cream into the pan, bring back to the boil, then purée with a hand blender. For an extra-velvety consistency you can now push the soup through a fine sieve into another pan. The soup can now be frozen for up to 2 months.
3. While the soup is cooking, slice the crusts from the bread, then cut the bread into small croutons. Heat the remaining olive oil in a frying pan, then fry the bread until it starts to become crisp. Add the seeds to the pan, then cook for a few mins more until they are toasted. These can be made a day ahead and stored in an airtight container. Reheat the soup if needed, taste for seasoning, then serve scattered with croutons and seeds and drizzled with more olive oil, if you want.

Or why not try...

Taking the tops off whole acorn squash, scooping out seeds and roasting whole until tender. Stuff with goat's cheese and basil, then cook until the cheese has melted.

PER SERVING

317 calories, protein 6g, carbohydrate 20g, fat 24 g, saturated fat 9g, fibre 0g, sugar 6g, salt 0.54 g