



Spicy Pumpkin Soup

SERVES: 6 meals

INGREDIENTS:

- 1kg butternut pumpkin
- 2 potatoes
- 1 red onion
- 3 garlic cloves
- 1 tbsp olive oil
- ¼ tsp dried chilli flakes
- 2 tsp ground coriander
- 1L salt-reduced chicken stock
- ½ cup reduced-fat or regular cream

METHOD:

1. Peel and chop the pumpkin and potatoes. Chop the onion and crush the garlic
2. Heat oil in a saucepan over medium-high heat. Add onion and garlic.
3. Cook, stirring occasionally, for 5 minutes or until potato starts to brown
4. Add chilli and coriander. Cook for 1 minute or until fragrant
5. Add stock. Cover. Bring to the boil.
Reduce the heat to medium-low. Simmer for 10 to 12 minutes or until potato and pumpkin are tender. Set aside for 2 minutes to cool slightly
6. Blend in batches until smooth. Return to pan over low heat. Stir in cream. Cook for 1 minute or until heated through. Season with pepper.
7. Divide between bowls and top with snipped chives.

