



Roast Pumpkin Soup

With potatoes, carrots, pepitas for crunch and dried cranberries for sweetness, this easy, creamy pumpkin soup recipe is extra special.

INGREDIENTS

- 2 tablespoons olive oil, plus extra to serve
- 1 onion, roughly chopped
- 2 garlic cloves, roughly chopped
- 600g pumpkin, peeled, chopped
- 1 potato, chopped
- 2 carrots, chopped
- 1 leek (white part only), chopped
- 1/2 teaspoon ground nutmeg
- 3 cups (750ml) Massel Chicken Style Liquid Stock
- 1/2 cup (125ml) pure (thin) cream
- 1 tablespoon pumpkin seeds (pepitas), toasted
- Dried cranberries, to serve
- Finely chopped flat-leaf parsley leaves, to serve

METHOD

- 1.

Heat oil in a large saucepan over medium heat. Add onion and cook for 2-3 minutes until soft. Add garlic, vegetables and nutmeg, then toss to coat. Add stock and 2 cups (500ml) water, then bring to the boil. Reduce heat to low, cover and cook for 25 minutes or until the vegetables are tender. Cool slightly.

- 2.

In batches, transfer to a blender and whiz until smooth. Return soup to the saucepan and place over low heat. Stir in cream, then season. To serve, ladle into bowls and top with seeds, cranberries and parsley, then drizzle with extra oil.