

# Kat's Kitchen

## Pumpkin soup



### Makes

6-8 portions

### Allergens

Gluten, egg

### Total time

60 minutes

### Prep time

30 minutes

### Ingredients

1 large onion, chopped

2 carrots, peeled & chopped

2 celery sticks, chopped

1 medium pumpkin, skin removed - 1/2  
chopped, 1/2 finely chopped

2 tbsp sunflower oil

2 vegetable stock cubes

1 tin of coconut milk

cornflour

salt & pepper to season

### Step by step

1. Put the onions, carrots and celery in a large pan. Cook over a low-medium heat for 10-15 mins until the veg is tender but not coloured. Add in the chopped pumpkins, mix to combine for a further 5-6 minutes.
2. Add stock cubes and 2-3 pints of warm water. Cook on a medium heat, half cover the pan and cook for 40 mins until squashed and tender.
3. While the soup is cooking, roast in chopped (finely) pumpkin in the oven at 180 for 20 mins until golden brown.
4. Blend soup until smooth. Add in coconut milk and seasoning. Thicken with cornflour if needed. Heat up until just boiling, then serve.

### Kat's top tip

You could add  
some washed  
pumpkin seeds to  
the finished bowl!