

Creamy spiced carrot and pumpkin soup

Ingredients

- 1 ½ tbsp oil
- 1 onion sliced
- 1 celery stick
- 3 garlic cloves, 2 crushed and 1 left whole
- 1kg diced pumpkin
- 1 kg carrots, thinly sliced
- 1.5 litre hot veg or chicken stock
- ½ small bunch of thyme
- ½ tsp cumin
- ½ tsp paprika
- ¼ tsp turmeric
- ¼ tsp ground nutmeg
- 1 tbsp mixed seeds
- 1 tbsp chopped parsley
- 1 ½ tbsp. double cream



HEAL

HEALTHY EASY ACCESSIBLE LOCAL

FOODS

Method

Step 1.

Heat 1 tbsp of the oil in a large saucepan or casserole pot. Fry the onion and celery gently for 5 mins. Add the crushed garlic, cumin, paprika, turmeric, ground nutmeg and cook for 1 min more.

Step 2.

Add carrots, diced pumpkin, stock and thyme to the saucepan. Season and bring to the boil. Lower to a simmer and cook, covered, for 25 mins until the carrots and pumpkin are softened.

Step 3.

Remove the thyme from the pan and discard. Blitz the soup with a hand blender until smooth. Stir through the cream and season to taste.

Serve and top with croutons and a drizzle of cream if desired.