

# FOOD'S NOT RUBBISH

PREP AND  
COOK TIME



**45/60**  
MINUTES  
TOTAL

## SPICY PUMPKIN SOUP

As autumn turns to winter and the nights draw in, you can't beat a warming soup. This Spicy Pumpkin Soup is really versatile. You can make it with pumpkin or squash as well as any other veg in the fridge that needs using up. It's dead easy! You can either make it with the scooped-out flesh (minus the stringy bits and seeds, which you can also cook separately – see below!), or just cut the pumpkin into cubes and roast them.

### INGREDIENTS

- |   |  |
|---|--|
| <input type="checkbox"/> ½ medium pumpkin or squash<br>(can be made with other roast<br>veg e.g. parsnips, carrots) | <input type="checkbox"/> 1 cup (250 ml) full fat milk or<br>alternative milk e.g. soya or almond |
| <input type="checkbox"/> 1 sweet potato   | <input type="checkbox"/> 1 red chilli (optional)   |
| <input type="checkbox"/> ½ red pepper   | <input type="checkbox"/> Pinches of salt and pepper<br>for seasoning                             |

### CHEF'S TIP

To give the soup a sweeter flavour, roast the pumpkin and sweet potato until they are dark and caramelised. It is important to allow the veg to cool before putting in the blender as the pressure of the steam could create a mess in the kitchen!

# SPICY PUMPKIN SOUP

## METHOD

1. Preheat the oven to 190c°.
2. Remove the pumpkin flesh with a spoon and peel the sweet potato. Chop the pumpkin and sweet potato into 2cm cubes.
3. Slice the red peppers and put all vegetables on a roasting tray, with a drizzle of oil. Place in the oven to roast for 30-40 minutes, until soft.
4. Allow all the vegetables to cool a little. Once cool enough to handle, pop the pumpkin, sweet potato, and peppers into your blender with the water, milk and diced chilli, and blend until smooth.
5. Pour into a saucepan and heat until piping hot, adding more water if you like a slightly thinner soup.
6. Season to taste with salt and pepper.

## DON'T CHUCK THE SEEDS!

- Toasted pumpkin seeds are a delicious and nutritious addition to a variety of dishes.
- Use them as a garnish.
- Add them to your morning porridge or cereal.
- Mix them into salads.
- Blend them up in smoothies or stir them into your granola.
- Use them to add a lovely crunch to homemade bread, either sprinkled onto the top of a loaf or knead into the dough.
- Or just snack on them!



## Freezing and storage tips

Store in the fridge for 2 days or in the freezer for 3 months. Reheat gently in a microwave or on the hob until piping hot.

## No time, too big or not enough space in the fridge?

If you've got more pumpkin than you can use straightaway, you can also freeze it – just parboil it in chunks, cool in iced water and pop it into a sealed container ready to conjure up something delicious another day.

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