



# Pumpkin Soup

Serves 4

## Ingredients:

- 1 tbsp oil
- Small onion, chopped
- 300g potato, chopped
- 1 kg pumpkin, chopped
- ¼ tsp dried chillies, chopped
- 2 tsp ground coriander
- 1 litre vegetable stock

## Method:

1. Heat oil in a large pan
2. Add onion, garlic, potatoes and pumpkin
3. Cook for 5 minutes
4. Add chillies and ground coriander
5. Cook for one minute
6. Add vegetable stock
7. Bring to the boil, then simmer for 10 minutes
8. Cool and Blend



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