Easy pumpkin soup

Serves 6

Ingredients:

- 2tbsp olive oil
- 2 onions, finely chopped
- 1kg pumpkin or squash, peeled, deseeded and chopped into chunks
- 700ml vegetable stock
- 150ml crème fraiche

Method:

1. Heat 2 tablespoons of olive oil in a large pan
2. Fry onions for 5 mins, until soft but not coloured
3. Add 1kg pumpkin or squash and cook for 8-10 mins, until softened
4. Pour in vegetable stock
5. Season with salt and pepper
6. Bring to the boil and simmer for 10 mins until the squash is very soft
7. Pour 150ml crème fraiche into the pan and bring back to the boil
8. Purée with a hand-blender

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