

Spiced Pumpkin and Apple Soup serves 4-6

Equipment - Large saucepan with lid, knives, cup and spoon measures, hand blender, ladle

Ingredients

4 tablespoons olive oil
1 kilogram of pumpkin
3 potatoes
1 stick celery
4 - 5 cups of stock
1 1/2 onions
2 Granny Smith apples
1/2 teaspoons cumin
1/2 teaspoon cinnamon

Method

1. Heat the oil gently in the saucepan.
2. Chop the onion and celery. Add to the saucepan and cook for 5 minutes.
3. Chop the pumpkin, potatoes and apples into small pieces and add to the pan.
4. Add the cumin and cinnamon and stir through vegetables.
5. Add the stock and bring to the boil. Cover and cook for 25 minutes.
6. Process with a hand blender. Serve in small bowls with a ladle.
7. Garnish with parsley.