Simple pumpkin soup

SERVES 4 • PREP 15 MIN • COOK 25 MIN

A cosy use for the flesh saved before carving



INGREDIENTS

- 800 g edible pumpkin flesh, peeled, deseeded and cubed
- 1 medium onion, chopped
- 1 tbsp cooking oil
- 700 ml vegetable stock
- Salt and black pepper
- Optional: cream, yoghurt or toasted pumpkin seeds

METHOD

1. Before carving, wash the pumpkin. Scoop out seeds and stringy bits; peel and cube 800 g firm flesh.
2. Soften onion in oil for about 5 minutes.
3. Add pumpkin and stock; simmer 18–25 minutes until very tender.
4. Blend carefully, season and loosen with a splash of water or stock if needed.

A LITTLE NOTE

Use edible pumpkin flesh before a lantern is displayed. Do not cook a carved pumpkin that has sat outside.