

Roast Pumpkin & Lentil Soup

Ingredients:

1 kg pumpkin, peeled, de-seeded and chopped into 3cm chunk
oil
salt and pepper
1 onion, finely diced
1 leek, thinly sliced
2 celery stalks, finely diced
2 carrots, finely diced
2 cloves garlic, crushed
1 teaspoon ground cumin
1 teaspoon ground coriander
1 teaspoon ground turmeric
3 litres vegetable stock
1 cup red lentil
1/2 cup chopped parsley
1/2 cup chopped coriander

Method:

1. Pre heat oven to 180°C
2. Place the pumpkin in a baking dish, toss with oil and season with salt and pepper. Roast in the pre-heated oven for 20-30 minutes until the pumpkin is tender.
3. Heat a medium sized pot over a medium heat and add a splash of oil.
4. Add the onion, leek, celery and carrots.
5. Cook for 5 minutes, stirring often, until the vegetables begin to soften
6. Add garlic, and ground spices and cook for 2-3 minutes, until fragrant.
7. Add enough stock to cover the vegetables and bring to the boil.
8. Rinse the lentils under cold running water, then add to the soup.
9. Reduce heat and simmer for 15-20 minutes, or until the lentils are completely tender.
10. Take half the soup, add the roast pumpkin and puree. Mix both soups together and bring back to the boil, adding more stock if needed.

Check seasoning, and add chopped herbs and serve