



Winter Warming Pumpkin Soup

METHOD

Prep Time : 10mins

Cook Time : 45mins

Servings : 4

INGREDIENTS

- 1 medium Onion, diced
- 3 cloves Garlic, Minced
- 2 carrots, sliced
- 1/2 large Pumpkin, gut and save the seeds diced into inch cubes
- 1 stick Celery, sliced
- 3 potatoes, quartered
- 2 sprigs Thyme
- 1 Scallion, chopped into quarters
- 2 tbsp macaroni or pasta of choice
- 1 tbsp LAiRIE Tropical seasoning
- 1 1/2 Garlic granules
- 1 tsp Black pepper
- Salt to taste

1) In a large pot heat oil on a low/medium heat add onions and garlic and allow to cook through until soft and aromatic for 10 minutes.

2) In the meantime prepare the other veg, adding your carrots to your soup stock, followed by celery and pumpkin, Tropical seasoning, and a pinch of salt to taste, stir then add water to cover the vegetables. Simmer for 25 minutes with the lid **on**.

3) Add potatoes, thyme, salt and black pepper. Cook until tender for a further 15 minutes. As the pumpkin pieces start to soften it will thicken the soup to give it a creamy texture. Add 1 cup of water and allow to reduce.

4) For the last 7 minutes of cooking add scallion, and macaroni. Cook till the pasta is al dente as the heat from the soup will continue to cook the pasta even once it has been removed from the heat, leave to stand for 5 minutes.

5) Serve whilst warm.

An effortless added extra

To reduce wastage and as an extra protein nutrient boost, keep your pumpkin seeds.

Rinse and separate the seeds from the strands, toss in a bowl with your LAiRIE tropical seasoning mix, garlic granules and a drizzle of olive oil.

Heat a frying pan on high heat. Once hot, toast the seeds until they become golden and fragrant. Remove from heat and use to garnish your bowl of soup