

ROASTED PUMPKIN & KUMARA SOUP

WITH CHICKPEAS, TOASTED CIABATTA BUNS, & A ZESTY HERB DRIZZLE



METHOD

1. Preheat the oven to 220° Celsius and lightly grease an oven tray.
2. Wash and peel (optional) the Kumara and dice into pieces 1-2 cm in size. Spread out on the oven tray, drizzle with oil, and sprinkle with salt and pepper to your taste.
3. Roast in the oven for 20-25 minutes or until golden and crispy on the outside and soft on the inside. Test with a knife and remove from the oven when you are happy with them.
4. Meanwhile, pour the Roasted Pumpkin & Kumara Soup with Chickpeas into a pot, and set to a medium heat. Bring to a gentle simmer, stirring occasionally. Let it simmer for 4-5 minutes, then turn off the heat. Add the roasted kumara pieces in and stir well. Taste and season with salt and pepper as desired.
4. Lastly, slice and toast your bread rolls in the toaster or your oven.
5. Serve Roasted Pumpkin and Kumara Soup in soup bowls, topped with a swirl of Zesty Herb Drizzle, with the toasted buns on the side.

INGREDIENTS

Per 1 serve: you will use 2x or 4x this amount

- 1/2 Kumara
- 1 1/2 Cup Roasted Pumpkin Soup with Chickpeas
- 1 Shelly Bay Baker Ciabatta Bun (or Gluten Freedom Simply Sourdough Bun)
- 2 Tbsp Zesty Herb Drizzle

EXTRAS (not supplied)

Salt, pepper, olive oil.
Optional: your preferred butter/margarine.

JAR INGREDIENTS

Pumpkin & Kumara Soup: olive oil, onion, garlic, ginger, carrot, pumpkin, kumara, mixed spices, cashew nuts, coconut cream, nutritional yeast, salt, cornstarch, apple cider vinegar, tomato paste, house-made vegetable stock (water, bay leaves, vegetable off-cuts), fresh parsley, lemon juice, chickpeas.

Zesty Herb Drizzle (extra virgin olive oil, garlic, fresh parsley, thyme, mixed spices, salt, lemon juice, lemon zest.

ALLERGENS

Gluten (unless your box is gluten free), tree nuts.