

MOROCCAN PUMPKIN SOUP

Tasty and Warming Winter soup that is super easy to make and is surprisingly vegan.



Ingredients:

- Medium sized Pumpkin (any will work)
- Moroccan Spice or Ras el Hanout
- Olive Oil
- Vegetable Stock
- Coconut Cream or Milk

Method:

- Cut the skin off your pumpkin and dice it in large pieces.
- Spread out in a roasting dish, and sprinkle with Moroccan Spice (light dusting for a mild flavour, or heavier for a stronger flavour).
- Drizzle with oil and roast at 200C until the corners of the pumpkin darken and the pumpkin is soft.
- Transfer to a pot and cover with vegetable stock. Cook to help the pumpkin breakup more, then blitz in a food processor or with a stick blender (A potato masher will work too).
- It should thicken up with the pumpkin. Heat gently and add coconut cream to taste and consistency. Coconut cream will make it thicker and Coconut Milk will make it thinner.
- Serve and eat.
- Can be frozen down before adding Coconut or after. Freeze in smaller portions to prevent wastage.