



PUMPKIN & APPLE SOUP

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| 1 small orange fleshed pumpkin, peeled and roughly chopped | 1tsp sage |
| 2 small onions, peeled and roughly chopped | 50ml cold pressed rape seed oil |
| 1 cooking apple, roughly chopped | ½ tsp dried chilli flakes |
| 4 cloves of garlic, peeled | 500ml vegetable stock |
| 1tsp thyme | Salt and pepper |
| | 20g pumpkin seeds |
| | 100g White Lake goat's curd |

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- Pre-heat the oven to 200°C/gas mark 5
 - In a large bowl toss together the pumpkin, apple, garlic, onions, thyme, sage, dried chilli flakes, salt, pepper and the cold pressed rape seed oil
 - Transfer this to a roasting tray and bake in the oven for 12 to 15 minutes or until soft
 - Remove from the oven
 - Scoop the roasted vegetables into a large sauce pan and add enough stock to cover the roasted vegetables
 - Using a food blender or a stick blender blitz the vegetables and stock until smooth
 - Warm through on a hob
 - Serve the soup in a warm bowl with a spoonful of white lake goats curd a scattering of toasted pumpkin seeds and some crusty bread