

Curried Pumpkin Soup (V) (Gf)

Serving your soup in the pumpkin makes great use of the whole vegetable. If you want to you can miss out serving it in the pumpkin and use it as a jack-o-lantern instead!

You will need (for four):

- 1 pumpkin (2kg)
- 1 large onion, roughly chopped
- 2 garlic cloves, sliced
- 2 tsp curry powder
- 1 litre chicken or vegetable stock
- Oil for cooking
- Salt & Pepper

- Cut the top off the pumpkin and put to one side. Scoop out the seeds and discard. Use a sharp knife to carefully remove the flesh from the pumpkin leaving 1 inch of flesh on the inside.
- Add oil to a large pan and cook your onions and garlic until soft and golden brown.
- Roughly chop the pumpkin flesh and add to the onions with the curry powder, a pinch of salt and pepper. Add the stock, put a lid on the pan and bring to boil. Leave to cook for 30-40minutes, stirring occasionally to stop it sticking.
- Check the pumpkin is tender, allow to cool and then blend with a hand blender or food processor. Return soup to the pan and put on a very low heat while you prepare the pumpkin bowl.
- Preheat oven to 170C. Place pumpkin bowl onto a baking tray ensuring that it won't fall over. Fill with the soup and place the removed top back on the pumpkin. Cook in the oven for 45minutes before serving.
- Optional extras:** serve with toasted pumpkin seeds, chilli flakes or crème fraîche!

