



Recipe Information

Number of Serves: 8

Preparation Time: 10mins

Cooking Time: 20mins

Ingredients

- 1 tbs olive oil
- 1 kg pumpkin, peeled & cut into 2cm cubes
- 1 large onion, chopped
- 2 teas sugar
- 4 cups water
- 1 large packet salt-reduced chicken noodle soup mix
- ½ cup reduced fat cream

Homemade croutons

- 8 slices wholemeal or multigrain bread
- 1 clove garlic, crushed
- 2 teas olive oil

Soifua Maloloina Pumpkin Soup

Method

1. Preheat oven to 180°C/160°C fan-forced.
2. Heat olive oil in large saucepan over medium heat. Add the pumpkin, onion and sugar and sauté for 10 minutes.
3. Add the water and bring to the boil. Stir in the chicken noodle soup mix. Reduce heat and simmer for 10 minutes or until pumpkin is tender.
4. Meanwhile, stack the bread into a thick layer and chop into 2cm cubes. Toss in a bowl with the garlic and olive oil then bake on an oven tray for 10 minutes or until golden.
5. Allow the cooked pumpkin to cool slightly then blend until smooth. Stir in the reduced fat cream.
6. Serve in warm bowls with the homemade croutons.

Soifua Maloloina tips:

- Try swapping the pumpkin for sweet potato or carrot.
- Stir in 1 tbs thai red curry paste with the onion and sugar, and replace the cream with light coconut milk for a tasty thai version.
- Approximate Cost per Serve \$1.20

