



The Whole Damn Pumpkin Soup - Moroccan Style

Pumpkin soup is an easy soup to make, but we tend to throw out a lot of the flavour and goodness in preparing the pumpkin for cooking. In this recipe the whole pumpkin is used (ok, except the stem), which adds more flavour and nutrients to what is already a favourite soup for many families. Try this Whole Damn Pumpkin Soup recipe and see what you think, we think you just may be surprised at your upcycle recipe efforts.

FEATURED PRODUCT:

Mrs Rogers Turmeric & Chilli Flakes

INGREDIENTS

- 1 kg Pumpkin, diced with skin and seeds
- 3 Tbsp Mrs Rogers Moroccan Seasoning
- 2 Tbsp Olive Oil
- 1 large Onion, cut into quarters
- 1.5 L Vegetable Stock
- 1 can Coconut Milk
- A grind of Mrs Rogers Himalayan Pink Salt Medium
- Grinder
- A grind of Mrs Rogers Gourmet Peppercorns Medium Grinder

INSTRUCTIONS:

1. Heat your oven to 180°C. Place the diced pumpkin and onion on a baking tray and grind a little salt over the pieces. Bake for 20 minutes.
2. While the pumpkin is roasting, in a large pot add the oil and gently fry the Moroccan seasoning. Add the vegetable stock, coconut milk and the pumpkin and stir to combine. Bring to the boil and then reduce to a simmer. Simmer for 20 minutes with the lid on.
3. Once the pumpkin is completely cooked through, remove the pot from the heat. Using a food processor, blitz the soup into a puree. Taste and add salt and pepper if needed.