

How to... Pumpkin Soup

(Serves 2)

1 medium pumpkin, 1 leek or onion, 1 dessertspoon of oil,
1 vegetable or chicken stock cube dissolved in 500ml of boiling water,
1 handful of spinach, ½ fresh chilli chopped or ¼ teaspoon of dried chilli flakes.



Collect all your ingredients.



Peel pumpkin using a knife.



Chop pumpkin in half.



Remove the seeds from the centre of the pumpkin using a spoon.



Chop pumpkin into medium size chunks.



Wash and chop leek.



Place a large pot on a medium heat, add oil, leeks, chilli, pumpkin cook for a 3 minutes.



Add stock to pot and cook for 20 minutes or until the pumpkin is soft.



Blend using a hand blender until smooth, add the spinach, heat through and serve.