

WHAT YOU NEED

- 1 medium pumpkin
- 1 leek or onion
- 1 dessertspoon of oil
- 1 vegetable or chicken stock cube dissolved in 500ml (2 mugs) of boiling water
- 1 handful of spinach
- ½ fresh chilli, chopped or ¼ teaspoon of dried chilli flakes

How to Make Pumpkin Soup

Serves 2



1 Collect all your ingredients.



2 Peel pumpkin using a knife.



3 Chop pumpkin in half.



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



5 Chop pumpkin into medium size chunks.



6 Wash and chop leek.



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



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



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