



PUMPKIN AND KUMARA SOUP WITH GREMOLATA

Season: Autumn/winter
From the garden: Pumpkin, kumara, garlic, parsley
Type: lunch, dinner
Difficulty: easy
Country of origin:
Serves: 6 serves or 35 tastes
Source: Brett McGregor/ www.shop.countdown.co.nz
www.thewimpyvegetarian.com

Equipment

- *chopping board
- *knife
- *frying pan
- *wooden spoon
- *measuring cup
- *bowl
- *spoons
- *blender
- *cooking pot

Ingredients

- *3 TBSP olive oil
- *1 onion
- *4 cloves of garlic
- *600g pumpkin (ours is pre-roasted)
- *400g kumara (ours is pre-roasted)
- *2 tsp ground cumin
- *1 tsp ground coriander
- *4 cups of stock or 4 stock cubes and 4 cups of water
- *1 tsp salt
- *ground black pepper

Gremolata

Equipment

- *Frying pan

Ingredients

- *2 tsp olive oil

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| *wooden spoon | *2 cloves garlic, minced |
| *chopping board | *1 cup of breadcrumbs or 5 slices of stale bread |
| *knife | *1 tsp lemon zest |
| *grater | *2 tbsp chopped parsley |
| *bowl | *pinch of salt and pepper |
| *spoon | *pumpkin seeds (optional) |
| *food processor | |

Method

1. for the soup: chop onions and garlic
2. peel pumpkin and kumara and chop into pieces
3. fry onion and garlic in olive oil for a minute and then add pumpkin and kumara. mix
4. add spices, salt and pepper
5. dissolve stock cubes (if using) in 4 cups of warm water
6. transfer pumpkin and kumara and the stock to a blender and blitz. add more water if too thick. check for seasoning.
7. for the gremolata: if using slices of bread, blitz them in a food processor till you got breadcrumbs
8. mince garlic and fry in the olive oil for 30 seconds
9. add bread crumbs, salt, pepper, parsley, lemon zest and pumpkin seeds to the pan and fry till breadcrumbs are golden brown.
10. heat soup in a pot, and serve with a spoon full of gremolata on top.

Notes: *pumpkin/kumara can be pre-roasted or boiled in the stock till soft.*

Skills: *slicing, grating, sautéing, measuring*