



## PUMPKIN, KUMARA AND CARROT SOUP

<b>Season:</b>	<b>Winter</b>
<b>From the garden:</b>	<b><i>Pumpkin, kumara, carrot</i></b>
<b>Type:</b>	<b><i>Lunch, dinner</i></b>
<b>Difficulty:</b>	<b><i>Easy</i></b>
<b>Country of origin:</b>	
<b>Serves:</b>	<b><i>6 serves or 35 tastes</i></b>
<b>Source:</b>	<b>Andrea Habacht, GTT kitchen specialist, Oropi school</b>

### Equipment

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

### Ingredients

- \*3 medium carrots
- \*400 kumara
- \*600 pumpkin
- \*1 onion
- \*4 garlic cloves
- \*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
- \*3 tbsp oil

### Method

- 1.preheat oven to 200 degrees
- 2.give the kumara and carrots a good scrub and chop into even sized small pieces

**3. peel the pumpkin and cut into chunks**

**4. peel and chop the onion into quarters**

**5. place the chopped vegetables and onion into a bowl, add the oil, salt, pepper and spices and mix**

**6. spread the vegetables on a lined baking tray, add the unpeeled garlic cloves and put the tray in the oven. Roast vegetables for around 20-30 minutes until lightly browned and soft**

**7. dissolve the stock cubes in water**

**8. take the veggies out of the oven and squish the roasted garlic out of its skin**

**9. place the roasted vegetables, garlic and stock in a blender and process until smooth. It will not all fit at once, so do that in batches. Add more water if the soup is too thick**

**10. check and adjust seasoning**

**Skills: *chopping, using a blender***