

Vegetable and Ginger Soup

Serves: 4

Prep time: 20 minutes

Cook time: 20 minutes



3 serves per portion

Ingredients

450g pumpkin, roughly chopped
2 potatoes, roughly chopped
1 sweet potato, roughly chopped
1 small cauliflower, roughly chopped
2 brown onions, roughly chopped
3 tablespoons olive oil
Freshly cracked pepper
1 knob of fresh ginger, finely chopped
3 cups vegetable stock, salt reduced
Pepitas (to serve)
Sesame seeds (to serve)
Basil leaves (to serve)

Method

PREHEAT oven to 180°C and line two baking trays with baking paper.

SPREAD the vegetables (excluding the ginger) across the two trays and drizzle with olive oil and cracked pepper.

ROAST in the oven for 20 minutes or until vegetables are cooked through.

TRANSFER vegetables into a large blender and add ginger and vegetable stock then blend until smooth.

REHEAT soup in a pot on the stovetop (if necessary) then put into serving bowls and top with pepitas, sesame seeds and basil leaves.



Everyday Food

*Recipe courtesy of Marueen Brook, Yandina Branch
(Hero the Veg Competition winner)*