

Pumpkin soup

Perfect for those chilly autumn evenings. The chilli flakes give an extra warming kick.

Ready in **45** minutes Serves **4**

Ingredients

- 1 white onion finely chopped
- garlic clove crushed
- small pumpkin cut into slices
- ½ tsp chilli flakes
- 1 tsp bouillon powder
- ½ litre water
- 3-4 tbsp olive oil

Method

1. Roast the pumpkin slices in olive oil in a hot oven for 30 minutes.
2. Cool slightly and remove the skin.
3. Put the onion and garlic in a large pan and sauté for five minutes.
4. Add pumpkin, chilli flakes, bouillon powder, and water, and bring to the boil.
5. Simmer for ten minutes.
6. Cool slightly and blend soup using a blender.
7. Reheat to serve.