

Pumpkin & Ginger Soup

Rowville Primary School
Kitchen Garden Recipe

Ingredients

- 1 kg Pumpkin
- 2 tablespoons of olive oil,
- 2 red onions
- 1 tablespoon of ginger
- 1.5 litres of vegetable stock
- 1 tablespoon of soy sauce
- 1 tablespoon of maple syrup
- Squeeze of lime juice



Method

Peel and chop the pumpkin into rough dice.

Peel and roughly dice the red onions.

Peel and finely chop the ginger.

Put the oil into a large saucepan. Add the onions and cook gently until soft.

Add the ginger, stir, and then add the pumpkin.

Pour in the vegetable stock, and bring to the boil. Turn the heat down to a gentle simmer; let it cook for 25 minutes, or until soft.

Puree with the stick blender. (Ask for assistance for this.)

Add the maple syrup, soy sauce and a squeeze of lime juice. Taste for seasoning.

Serve with a squeeze of cream and chopped herbs.