

WHO DARES SLIMS - RECIPE

# Pumpkin Soup

(Vegan!)



## Tips

You can use any variety of pumpkin that you prefer, so get creative!

Makes around 8 portions, but the more water you add, the further it goes.

Add a sprinkling of ras el hanout (moroccan spice) to give it an exotic twist.

## Ingredients

- 1x Medium to large butternut squash, peeled and chopped into 2-3cm chunks
- 3x Carrots
- 1x leek
- 2x celery sticks
- 4x Garlic cloves
- 3x Sprigs of rosemary
- 10x Sage leaves
- 1x Veggie Oxo cubes
- A glug of olive oil
- Pinch of red chilli flakes
- Salt & Pepper for seasoning to taste

## Preparation

1. Preheat oven to between 180-200 degrees centigrade.
2. Place squash in an oven-proof dish, sprinkle with chopped rosemary, sage, Chilli flakes, oxo cube and olive oil, and lots of cracked pepper then roast in the oven, turning every 10-15 mins, for about 45-50 mins.
3. While that roasts, roughly chop the carrots, leeks and celery and boil in a large saucepan. Once the carrots are soft, you can blend with a hand-blender.
4. By now the squash should be done: soft but with nice crispy bits to the edges. Add that to the saucepan and blend again, add more salt/pepper to taste.
5. Serve with some croutons and enjoy!