



U C O O K

— COOKING MADE EASY

PERKY PUMPKIN & BARLEY SOUP

with coriander-chilli pesto & ostrich biltong chunks

Brighten up your week with a swift, sumptuous soup! Spicy roast pumpkin blended with wholesome barley, free-range ostrich biltong, and coconut cream: this is comfort food at it's finest.

Prep + Active Time: 15 minutes

Total Cooking Time: 40 minutes

 **Serves:** 1 person

 **Chef:** Tami Schrire

 **Health Nut**

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Ingredients

250 g	Pumpkin Chunks <i>cut into bite-size pieces</i>
1	Onion <i>one half thinly wedged</i>
1	Garlic Clove <i>peeled & grated</i>
10 ml	Indian Spice Mix
1	Vegetable Stock Sachet
50 ml	Pearled Barley <i>rinsed</i>
100 ml	Coconut Cream
60 g	Ostrich Biltong <i>roughly chopped</i>
15 ml	Pesto Princess Coriander & Chilli Pesto

From Your Kitchen

Blender
Salt & Pepper
Water
Oil (cooking, olive & coconut)



CHEF'S TIP

If you prefer a smoother soup, pass it through a sieve to remove any chunky bits!

1. ROAST PUMPKIN & ONION

Preheat the oven to 200°C. Spread out the pumpkin pieces and onion wedges on a roasting tray. Coat in oil, half of the Spice Mix to taste, and seasoning. Roast in the hot oven for 30-35 minutes until cooked through and starting to crisp, shifting halfway.

2. START YOUR SOUP

Boil the kettle. Place a pot (large enough for the soup) over a medium heat with a drizzle of oil. When hot, add in the grated garlic and the remaining Spice Mix to taste. Fry for about a minute until fragrant. Stir in the rinsed pearled barley, the vegetable stock, and 350ml of boiling water. Bring back up to the boil, then reduce the heat and allow it to simmer for 25-30 minutes. Stir occasionally as the water is absorbed and only add more if required during the cooking process. On completion, the grain should be al dente. Drain if necessary and remove from the heat.

3. FINISH IT OFF

When the veggies are cooked through and soft, pop them in a blender or food processor. Add 100ml of boiling water and the coconut cream, reserving a little for garnish. Blend until smooth. Return the soup to the pot over a medium heat. Add the cooked barley and sliced biltong, reserving some for garnish. Stir until heated through and season to taste.

4. WARM YOUR BELLY!

Warm up a bowl for the soup! Serve some hearty pumpkin and barley soup with a swirl of the remaining coconut cream and use the remaining ostrich biltong for garnish. Finish off with dollops of coriander & chilli pesto. Scrumptious, Chef!

Nutritional Information

Per Serving

Energy (kj)	3510
Energy (kcal)	632
Protein	51
Carbs	76
of which sugars	17
Fibre	18
Fat	37
of which saturated	20
Salt	5

Cook within: 3 days

Allergens: Gluten Allium Wheat Sulphites Tree-Nuts



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