



# UCOOK

— COOKING MADE EASY

## SPICED PUMPKIN SOUP

with Mrs Balls chutney, fresh cream & a cheesy broodjie

Oven-caramelised pumpkin, garlic, onion, and spices – whizzed smooth, swirled with cream, and served with a toasty or “broodjie”. But, not just any broodjie: local cheese, chutney, and coriander-chilli pesto on Schoon’s country loaf.

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**Hands-On Time:** 15 minutes

**Overall Time:** 45 minutes

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**Serves:** 1 Person

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**Chef:** Tami Schrire

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 **Vegetarian**

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## Ingredients & Prep

250g	Pumpkin Chunks <i>cut into small cubes</i>
5ml	NOMU Indian Rub
2 slices	Schoon Country Loaf
15ml	Pesto Princess Coriander & Chilli Pesto
15ml	Mrs Balls Chutney
50g	Klein River Stanford Cheese <i>grated</i>
1	Onion <i>one half peeled &amp; roughly diced</i>
2	Garlic Cloves <i>peeled &amp; grated</i>
7.5ml	Vegetable Stock
5ml	Medium Curry Powder
100ml	Fresh Cream

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Butter  
Paper Towel  
Blender

**1. ROAST PUMPKIN PIECES** Preheat the oven to 200°C. Spread out the pumpkin cubes on a roasting tray. Coat in oil, some seasoning, and the Indian Rub to taste. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

**2. BROODJIE PREP** Butter both slices of country loaf on one side. Use three-quarters of the coriander & chilli pesto to spread over the unbuttered sides (reserving the rest for garnish). Smear the chutney over the pesto. Sprinkle some grated Stanford cheese on top of the chutney and season to taste. Place another slice on top, buttered-side up. Set aside until ready for grilling.

**3. GET COOKIN'** When the pumpkin is nearing completion, boil the kettle. Place a pot over a medium heat with a drizzle of oil. When hot, fry the diced onion for 2-3 minutes until soft, shifting occasionally. Add the grated garlic and fry for a minute until fragrant, shifting regularly. Add the vegetable stock, 300ml of boiling water, and the curry powder to taste. Stir for a minute until combined. Add in the cooked pumpkin and simmer for 2-3 minutes until it absorbs the flavour from the sauce. Remove from the heat on completion.

**4. BLEND YOUR SOUP** Pour the contents of the pot into a blender or food processor and blend until smooth. Return it to the pot and stir through three-quarters of the cream, reserving a little for garnish. Season to taste and pop on a lid. Keep warm over a low heat while you toast the broodjie, stirring occasionally.

**5. TOAST THE BROODJIE** Place a regular pan or a grill pan over a medium heat. When hot, grill the broodjie on one side for 2 minutes until golden. Flip and grill for 2 minutes on the other side until golden. On completion, the cheese should be melted. Allow to drain on some paper towel before serving.

**6. COSY UP!** Fill a bowl with the creamy pumpkin soup. Partially stir through the remaining cream and pesto so they create swirls. Serve with the cheesy broodjie on the side for dunking. Scrumptious, Chef!



## Chef's Tip

Butternut is full of beta-carotene and alpha-carotene, which your body converts into vitamin A. Vitamin A is a powerful immune booster, fights free-radicals, and helps to improve eye-sight. It's also a great way to add a naturally sweet flavour to a warm dish or a hearty salad!

## Nutritional Information

Per 100g

Energy	736kJ
Energy	176Kcal
Protein	5.7g
Carbs	14g
of which sugars	4.7g
Fibre	3.4g
Fat	11.3g
of which saturated	6.2g
Sodium	289mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,  
Tree Nuts

Cook  
within 1  
Day