



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.

Hands-On Time: 25 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Tami Schrire

 **Vegetarian**

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Ingredients & Prep

1kg	Pumpkin Chunks <i>cut into small cubes</i>
20ml	NOMU Indian Rub
8 slices	Schoon Country Loaf
60ml	Pesto Princess Coriander & Chilli Pesto
60ml	Mrs Balls Chutney
200g	Klein River Stanford Cheese <i>grated</i>
2	Onion <i>peeled & roughly diced</i>
5	Garlic Cloves <i>peeled & grated</i>
30ml	Vegetable Stock
20ml	Medium Curry Powder
400ml	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 35-40 minutes until cooked through and crisping up, shifting halfway.

2. BROODJIE PREP Butter each slice 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. Repeat for each broodjie. Set aside for grilling.

3. GET COOKIN' When the pumpkin is nearing completion, boil the kettle. Place a large pot over a medium heat with a drizzle of oil. When hot, fry the diced onion for 4-5 minutes until soft, shifting occasionally. Add the grated garlic and fry for 2 minutes until fragrant, shifting regularly. Add the vegetable stock, 500ml of boiling water, and the curry powder to taste. Stir for a minute until combined. Add in the cooked pumpkin and simmer for 4-5 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 broodjies, stirring occasionally.

5. TOAST THE BROODJIES Place a regular pan or a grill pan over a medium heat. When hot, grill the broodjies on one side for 2 minutes until golden. Flip and grill for 2 minutes on the other side. On completion, the bread should be golden and the cheese should be melted. Allow to drain on some paper towel before serving. You may need to do this step in batches.

6. COSY UP! Fill some bowls with the creamy pumpkin soup. Partially stir through the remaining cream and pesto so they create swirls. Serve with the cheesy broodjies 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