

PUMPKIN & CARROT SOUP

INGREDIENTS

500g red pumpkin
100g carrot
5g green chillies
2 cloves of garlic
1 small onion
2g cumin seeds
3ml oil
2g parsley
2g fresh cream (optional)
1g paprika (optional)
Salt to taste

METHOD

1. Peel and cut the pumpkin, carrot and onion into big cubes.
2. In a large saucepan, add a little oil, roast the cumin seeds and sauté the onions, chillies and garlic for 1 unite.
3. Add the pumpkin and carrots, cover with 100ml water. Simmer over a medium heat until the vegetables are tender. Allow it to cool. Blend the mixture until smooth.
4. Transfer the soup to a clean saucepan. Place over low heat and cook, stirring, for 4 minutes or until heated through.
5. Ladle among serving bowls. Top with a little fresh cream and garnish with finely chopped parsley and smoked paprika.

NUTRITION FACTS

Kcals	67
Fat	1.2g
Protein	1.8g
Carbs	14.2g



RECIPE COURTESY:
SEEMA PINTO