

# SOUPER WARMING PUMPKIN & APPLE SOUP



- 1 large pumpkin**
- 2 tbsp olive oil**
- 25g butter**
- 1 small onion, finely chopped**
- 700ml stock (you can make this using a stock cube)**
- 1 apple, peeled and finely diced**
- Salt and pepper (to taste)**

Heat the oven to 230°C/450°F/gas mark 8.

Cut the pumpkin into quarters, scoop out and discard the seeds (or toast them separately).

Brush the flesh with olive oil, then place in a roasting tin. Bake for 25 minutes until the flesh is soft, then allow to cool. Once cooled, scoop the flesh out of the skin.

Melt the butter in a pan, add the onion, cover, then cook for 10 minutes, stirring gently to prevent browning.

Add the stock and pumpkin flesh, then cover and simmer gently for 15 minutes.

Add the apple, cover, then simmer for a further 5 minutes, until tender.

Blend roughly, season with a pinch of salt and pepper to taste, and stir before serving.

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