Lunch

Curried Pumpkin and Apple Soup

A silky blended soup where pumpkin and sweet potato meet a little apple for gentle sweetness, all warmed through with cumin and curry powder. Each bowl is finished with yoghurt and a slice of bread on the side.



Freezer safe

25 min	258	51.4 g	13 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 1 teaspoon canola oil
- [ ] 1 onion, chopped
- [ ] 3 clove garlic. chopped
- [ ] 1 tablespoons ground cumin
- [ ] 2 tablespoons curry powder
- [ ] 3 cups pumpkin, peeled and chopped into 2cm cubes
- [ ] 1 small sweet potatoes, peeled and chopped into 2cm cubes
- [ ] 2 medium potatoes, peeled and chopped into 2cm cubes
- [ ] 1 apple, peeled, cored and quartered
- [ ] 1 reduced-salt vegetable stock cube (or 1 teaspoon powder)
- [ ] 1 litre water
- [ ] 4 tablespoons low-fat natural or Greek yoghurt, to serve
- [ ] 4 slices of wholemeal or multigrain bread, to serve

Nutrition Facts

Per serving

Calories	**258**
Total fat	4.4 g
Saturated fat	Not listed
Sodium	431 mg
Total carbs	51.4 g
Fiber	10.6 g
Total sugars	13 g
Protein	12.7 g

Method

- [ ] 1 Warm the canola oil in a large pot, then fry the onion and garlic with the ground cumin and curry powder for 2 minutes.
- [ ] 2 Tip in the pumpkin, sweet potatoes, potatoes and apple, then crumble in the vegetable stock cube, or 1 teaspoon of the powder if you prefer, and pour in the water.
- [ ] 3 Let everything simmer for 10 minutes or until the vegetables are just soft.
- [ ] 4 Blitz the soup until smooth with a stick blender, a jug blender or a food processor, working in a little more water if you like a runnier texture.
- [ ] 5 Ladle into bowls, add a spoonful of yoghurt to each and serve with a slice of the bread, toasted.

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