

## **PUMPKIN AND SWEET POTATO SOUP**

### **Ingredients** –SERVES 2

50g unsalted butter  
80g sliced white onion  
4g salt  
150g sliced sweet potato  
310g sliced pumpkin  
100g fresh orange juice  
1g ground cumin  
240g Water  
260 g whipping cream

### **For the garnish**

Roasted pumpkin seeds, fresh coriander and crème fraiche

### **Method** – pumpkin and sweet potato soup

Place the butter, onions and cumin into the pan and gently fry until onions are soft and translucent. Fold in the thinly sliced potato and pumpkin. Add the fresh orange juice and water and bring to the boil. Reduce heat and simmer until sweet potato and pumpkin are soft. Add the cream and return to the boil, season with salt and pepper and leave to cool before blending. Blend until smooth and taste again for seasoning.

### **Method**- roasted pumpkin seeds

When preparing your pumpkin remove the seeds and clean any excess flesh from them, lightly coat them in a little oil and cumin powder and roast slowly in a preheated oven (150°C) until seeds become dry. Store them in a dry area until served.