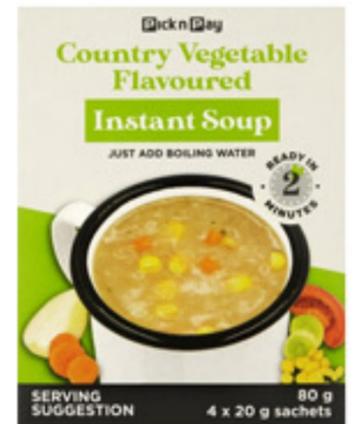


# RECIPE

## QUICK GINGER PUMPKIN SOUP



# INGREDIENTS:

- 1 tablespoon olive oil
- 1 medium onion peeled and finely sliced
- 1kg pumpkin peeled and cut in to cubes
- $\frac{3}{4}$  cup split red lentils washed and drained
- 1L water
- 1 packet of Country Vegetable instant soup
- 1 tablespoon fresh ginger finely grated
- 1 teaspoon sea salt
- $\frac{1}{2}$  tsp curry powder (optional)



# INSTRUCTIONS:

1. Heat the olive oil in a heavy-bottomed saucepan or soup pot over medium heat. Add the onion and cook for three to five minutes or until soft.
2. Add the chopped pumpkin, lentils, instant soup, curry powder and water to the pot and stir before adding the finely grated ginger.
3. Cook at a simmer for around 15 minutes or until the pumpkin and lentils are soft.
4. Season with sea salt.
5. Blend the soup in a blender or with a stick blender until smooth to serve.