

PUMPKIN AND CHESNUT SOUP

SERVES 3-4 / PREPARE 20 MINS / COOK 35 MINS

Ingredients

400 g Chestnuts (cooked)
 1 Pumpkin
 2 Spring onions
 1 Garlic clove
 500 ml Stock (vegetable)
 Extra virgin olive oil

Instructions

Pre-heat the oven to 180C.

Peel and cut the pumpkin into small pieces. Place the pumpkin in an oven tray with a drizzle of olive oil and bake for 25-30 min or until soft and starting to caramelise.

Wash and chop the spring onion and garlic and gently fry in a teaspoon of olive oil for 5 min. Ensure the pan is big enough to hold all the ingredients later.

Add the chestnuts to the pan and leave them for a few mins to absorb the garlic and onion flavours.

Add the stock and the pumpkin, bring to the boil and simmer for a couple of minutes.

Using a hand blender, blend the soup until you reach the desired texture.

We like serving this soup with garlic croutons and toasted pumpkin seeds.



Nutrifacts



Pumpkin contains high levels of vitamin C to support the immune system as well as betacarotene, a VITAMIN A precursor, which acts as powerful antioxidant and helps maintain healthy skin.

Onions are high in QUERCETIN, which research shows has anti-inflammatory and antioxidant properties and may help fight certain cancers. Onions are also rich in PRE-BIOTICS, which feed the good bacteria in our gut. Onions are high in FIBRE that helps intestinal health & transit fatty acids. Onions contain FIBRE to help intestinal transit and prebiotics which feed the beneficial bacterial in your gut.

Garlic is high in an important antioxidant, VITAMIN C which also supports the immune system. Laboratory tests indicate that garlic has anti-inflammatory properties and may help modulate the immune system.

EXTRA VIRGIN OLIVE OIL is high in heart protecting mono-unsaturated fats. **EVOO** also contains good levels of antioxidants including polyphenols and VITAMIN E than help prevent damaged caused by free-radicals.