

# 5+ A DAY ROASTED KŪMARA & PUMPKIN SOUP



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Always wash your hands with soap and warm water for 20 seconds and dry them thoroughly before you start to cook. Wash your fresh fruit & vegetables under running water.

**Serves: 6 to 8**  
**Preparation: 10 minutes**  
**Cooking: 10 minutes**

### Ingredients

6 orange kūmara, washed & chopped or any colour you have on hand  
½ pumpkin, peeled & chopped  
2 onions, peeled & quartered  
½ red chilli, finely diced (optional)  
1 tablespoon fresh ginger (optional)  
2 garlic cloves, crushed  
3 cups vegetable stock  
165ml lite coconut milk (small tin)  
1 teaspoon olive oil

### To Serve

Fresh herbs, chopped (if available)  
Black pepper

### Method

- Heat the oven to 180°C
- In a large bowl, mix the kūmara, pumpkin, chilli, onions, garlic & ginger with the olive oil. Spread the vegetables onto a roasting dish & cook in the oven for around 20 minutes, until tender. Allow to cool
- Once cooled blend in batches with vegetable stock & coconut milk. Reheat in a saucepan
- Season with freshly ground black pepper