

Creamy pumpkin soup



Ingredients for 3 people

1.4 kg pumpkin (Hokkaido and butternut)
240 g potatoes
240 g carrots
130 g onions
40 g butter
1 litre vegetable stock
200 ml cream or coconut milk

Wash the red kuri and butternut squash, cut off the stems, remove the seeds, peel the butternut and then dice both. Peel and chop the potatoes and carrots. Peel and dice the onion and fry in a large pan with the butter until translucent. Add the remaining vegetables, deglaze with the vegetable stock and bring to the boil. Cook for approx. 20 minutes over a medium heat, purée well and stir in the cream or coconut milk. Season to taste with salt, pepper and curry powder.

Bon appétit!