

## Roasted Pumpkin Soup

### Ingredients:

- 1kg pumpkin, chopped into pieces
- 3 carrots, peeled and chopped
- 1 onion, peeled and chopped
- 1 stick celery, chopped
- 2 cloves garlic
- 2 tablespoons olive oil
- 1 sprig rosemary
- 1 teaspoon smoked paprika
- 750ml vegetable stock
- 1 tablespoon tomato paste
- 4 tablespoons cream



### Method:

1. Preheat the oven to 200°C.
2. Cut the pumpkin into quarters, remove and discard the seeds and slice off the skin. Cut into chunks and place in a roasting tin.
3. Peel and slice the carrots and onion, finely slice the celery, and add to them to the tin, along with the garlic cloves, (whole, still in their skins).
4. Add the oil, rosemary and smoked paprika, season well with salt and black pepper, then toss everything together until the vegetables are fully coated in oil.
5. Roast for 30 minutes or until the pumpkin and carrots are just soft. Remove from the oven.
6. Find the garlic cloves, cut off their ends and squeeze the soft flesh back into the roasting tin, discarding the skins. Discard the rosemary stalk.
7. Tip the contents of the roasting tin into a blender or food processor, (or a saucepan with a hand blender). Add the stock, tomato paste and cream, and blitz until completely smooth.
8. Taste and adjust seasoning as required. Serve immediately.