

Pumpkin Soup

Ingredients:

Light spray + 1tsp of heart healthy rapeseed oil
 2 white onions, finely chopped
 2 garlic cloves, finely chopped
 Finely chopped parsley
 100g chopped tomatoes
 800g chopped pumpkin
 100g split red lentils
 ½ tbsp. dried thyme
 1 litre hot vegetable stock (go heart healthy with a low salt variety)
 50g half fat or reduced fat crème fraiche
 4 slices of wholemeal bread (toasted)
 Optional black pepper for seasoning

Method

Step 1: Heat the oil in a large casserole dish and fry the onions over a medium heat until translucent and turning golden brown. Add the garlic (keep the pumpkins to one side), lentils and dried thyme. Fry together for a minute.

Step 2: Add the vegetable stock then season with pepper and then cover. Let this simmer for 20- 25 minutes until the vegetables are cooked

Step 3: Wash and dry the pumpkin seeds before heating up the teaspoon of oil. Add the seeds and fry them until they start to pop and jump. Cover and stir frequently. When the seeds look toasted, remove them from the heat.

Step 4: Blend the cooked lentils and pumpkin mixture with a hand blender until smooth. Add the crème fraiche and give it one last blend. Taste the soup and season with pepper if needed.

Step 5: Toast the bread and slice into croutons.

Step 6: Serve the soup in a jar or a mug with toasted seeds, parsley and croutons on top.



CONTAINS



WHEAT



CELERY



MILK

Each 241g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
170kcal 714kJ	5.1g	1.6g	9.4g	0.16g
9%	7%	8%	10%	3%

of an adult's reference intake

Typical energy as sold per 100g: 71kcal/296kJ

Why is this recipe heart healthy?

- Contains healthy fats which can help to manage cholesterol levels.
- Low in salt which can help to stabilise blood pressure
- Counts as two of your five a day