

TASTE WITHOUT WASTE

Gingered Pumpkin and Red Lentil Soup

Serves 4-6

Ingredients

1 tbsp sunflower oil
1 large onion, finely chopped
250g celery, thinly sliced
2 tsp minced ginger
750g pumpkin/butternut squash, peeled, deseeded and cut into rough 2cm dice
600g sweet potato, peeled and cut into rough 2cm dice
2 litres vegetable stock
150g sweet corn kernels
200g red lentils, rinsed
¼ cup coriander leaves, roughly chopped plus extra for garnishing
½ tsp salt
½ tsp black pepper

Method

Heat oil in a large pot over a medium-low heat. Sweat onion, celery and ginger for about five minutes, stirring regularly, or until softened.

Throw in pumpkin and sweet potato, and sweat a further eight minutes with the lid on, stirring every so often. It doesn't matter if the pumpkin sticks a little bit – the caramelised edges only add to the flavour!

Pour in vegetable stock, bring to boil, stir well and reduce to a simmer for ten minutes.

Add the sweet corn, lentils and coriander leaves and simmer, covered, for another ten minutes or until lentils are tender.

Remove from heat, stir in salt and pepper and leave to cool slightly.

Blend in batches then reheat gently.

Garnish with coriander leaves (and a drizzle of cream if you wish to be extra indulgent).

Source: A Taste Without Waste original

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