



6

SERVES/MAKES



COOKING TIME:
< 30 min



COOKING STYLE:
Stove

LANCEWOOD® CREAMY PUMPKIN SOUP

INGREDIENTS:

30 ml oil
10 ml garlic, crushed
200 g onion, chopped
750 g pumpkin, cubed
25 g ginger, grated
Salt & freshly ground black pepper to taste
250 ml vegetable stock
250 ml **LANCEWOOD® Sour Cream**

To serve:

Extra **LANCEWOOD® Sour Cream**
Fresh parsley

METHOD:

Add the oil, garlic and onions to a pot and heat over medium heat. Stir and cook for 3 – 5 minutes or until softened.

Add the pumpkin, ginger, seasoning and vegetable stock and mix through. Cover the pot and allow to simmer for 20 – 30 minutes or until pumpkin is soft. Remove from heat and add the Sour Cream.

Add the mixture to a blender and blend until smooth. Pour into serving bowls.

To serve:

Add an extra dollop of Sour Cream and a sprig of fresh parsley before serving.

PRODUCTS USED:



Sour Cream

ENJOY!