

Roasted pumpkin and coriander soup

1 hour prep and cook Serves 4



Grow your own ingredients!

Shopping list for your local garden centre:

Coriander and pumpkin seeds or plants
from your garden centre.

Large container for the pumpkin plant.

Small pot or container for the coriander.

50 litre bag of multi-purpose compost.

Plant food.

Ingredients:

1 tbsp olive oil

2 cloves garlic, roughly chopped

65g ginger, finely chopped

1 onion, sliced

2 tsp ground coriander

1 tsp ground cumin

1 kg pumpkin

1 litres vegetable stock, good quality

1 small bunch coriander, roughly chopped

1 pinch coarse salt and freshly ground
black pepper

Method:

1. Heat the oil in a saucepan and add the garlic, ginger and onion and cook for 5 minutes until softened.
2. Add the ground **coriander** and cumin and stir-fry for a further 2 minutes. Add the **pumpkin** and stir to coat well.
3. Pour in the vegetable stock and bring to the boil. Simmer for 15-20 minutes until the pumpkin is tender.
4. Remove from the heat and process in a blender until smooth. Add half of the coriander to the last batch.
5. Return the blended soup to the pan and season with salt and freshly ground black pepper. Add the remaining chopped coriander leaves and serve.

Grow it yourself: **coriander & pumpkin**



Visit your **local garden centre**
to start growing your ingredients.

Learn more at www.childrensgardeningweek.co.uk

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