



## Pumpkin velouté

**SERVES 4** **PREP 20 mins** **COOK 35 mins** **EASY** **V** ❄️

50g butter  
2 shallots, chopped  
nutmeg, for grating  
500g pumpkin or squash, peeled,  
deseeded and cut into 3cm cubes

**1** Melt the butter in a stock pot or large pan. Fry the shallots with a grating of nutmeg for 8-10 mins until soft. Add the pumpkin and bay leaf and fry for a few more minutes, stirring to coat in the butter, then pour over the stock. Bring to a simmer and cook for 15-20 mins more, covered, until the pumpkin is very tender.

**2** Remove and discard the bay leaf, add the cream and blend thoroughly using a hand blender. Transfer the soup to a clean pan (you can sieve it if you prefer it totally lump-free). Bring to a gentle simmer and taste for seasoning. Add a splash more stock or water if you prefer a thinner soup.

1 bay leaf  
600ml vegetable stock  
100ml single cream,  
plus extra to serve  
2 tbsp pumpkin seeds

**3** Toast the pumpkin seeds in a dry frying pan for a few minutes until they start to pop and crackle. Grate over a little nutmeg and toss with a pinch of salt, then transfer to a plate to cool.

**4** Just before serving, blend the soup with a hand blender again to make it lighter and creamier. Divide the soup between bowls, pour over some more cream and top with the toasted seeds and black pepper. *Will keep in the fridge for up to three days or freezer for up to three months.*

**GOOD TO KNOW** 1 of 5-a-day

**PER SERVING** 241 kcals • fat 19g • saturates 10g  
• carbs 11g • sugars 6g • fibre 2g • protein 5g • salt 0.6g

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