

PUMPKIN SOUP WITH HONEY FETTA CROÛTONS

Prep + cook time: 1 hour 45 minutes Serves: 6

Ingredients

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| 1.5kg (3 pounds) butternut pumpkin, halved, unpeeled | 1.25 litres (5 cups) water |
| 1 bulb garlic | 2 teaspoon sea salt flakes |
| 2 small capsicums (bell peppers) (300g), halved | 2 tablespoons fresh flat-leaf parsley |
| 2 medium red onions (300g), quartered | honey fetta croûtons |
| 2.5cm (1-inch) piece fresh ginger (12g), sliced | 2 tablespoons honey, warmed |
| ¼ cup (60ml) extra virgin olive oil | 2 tablespoons olive oil |
| 1½ teaspoons ground cumin | 150g (4½ ounces) rustic baguette, sliced thinly |
| ½ teaspoon dried chilli flakes | 50g (1½ ounces) vintage cheddar, grated finely |
| | 100g (3 ounces) fetta, crumbled |

1. Preheat oven to 190°C/370°F.
2. Line a large roasting pan with baking paper. Place pumpkin, cut-side down, at one end of the pan with garlic. Cover with foil; roast for 30 minutes.
3. Add capsicum, cut-side up, to roasting pan with onion and ginger. Drizzle with 1 tablespoon of the oil and sprinkle with spices. Roast, uncovered, a further 30 minutes or until pumpkin is tender.
4. Make honey fetta croûtons.
5. Discard seeds from pumpkin; scoop pumpkin flesh into a blender. Add half the water, blend until smooth. Pour mixture into a medium saucepan. Place capsicum, onion, ginger and any cooking juices in blender. Cut garlic bulb in half; squeeze soft flesh into blender with remaining water, oil and salt. Blend until smooth; pour mixture into pan.
6. Stir soup over medium heat until heated through. Serve soup topped with croûtons and parsley. Drizzle with sour cream, if you like.
7. **Honey Fetta Croûtons** Stir honey and oil in a large bowl; season to taste. Add baguette slices; toss to coat in mixture. Place slices, in a single layer, on a baking-paper-lined oven tray. Sprinkle with cheddar, then fetta. Bake 10 minutes or until golden.

Tips

This soup is suitable to freeze.

