




Product Spotlight: Butternut pumpkin seeds


Did you know you can toast and eat pumpkin seeds? Separate from the stringy pulp, rinse in a colander under cold water and shake dry. Spread out on an oiled baking sheet (season with salt & cumin) and toast for 15–20 minutes at 180°C.



Pumpkin Soup with Cheesy Scones

Warming, soothing pumpkin soup, perfect for a chilly winter night. Enjoyed with homemade cheesy scones (don't worry, making them is easy!) and topped with crispy prosciutto.

 30 minutes

 4 servings

 Pork

Make pasta instead!

Toss the pumpkin in a little oil and herbs, then roast it in the oven at 220°C for 20–25 minutes or until tender. Then, slice spring onion & prosciutto and pan-fry both. Mix prosciutto/spring onion mix, roast pumpkin, and grated cheese with cooked pasta.

Per serve: **PROTEIN** 32g **TOTAL FAT** 20g **CARBOHYDRATES** 137g

FROM YOUR BOX

SPRING ONIONS	1 bunch
CELERY STICKS	2
BUTTERNUT PUMPKIN	1
MEDIUM POTATOES	2
VEGETABLE STOCK PASTE	1 jar
DUMPLING MIX (GF)	1 packet
THYME	1 packet
SHREDDED CHEESE	1 packet
PROSCIUTTO	1 packet

FROM YOUR PANTRY

oil/butter for cooking, salt, pepper, ground cumin, milk (of choice)

KEY UTENSILS

large saucepan, 2 oven trays, stick mixer

NOTES

For extra flavour, add other spices like chilli, coriander, garam masala, cayenne or garlic.

If preferred, leave the potatoes un-peeled.

If you prefer, cook the prosciutto in a frypan instead of in the oven.

Instead of water in step 5, you can add milk, sour cream or coconut milk.

Dumpling mix: brown rice, white rice, quinoa, tapioca and sweet rice flours, gluten free baking powder



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1. COOK THE SPRING ONIONS

Set oven to 220°C.

Heat a large saucepan over medium-high heat with **oil**. Chop spring onions and celery, add to pan as you go. Cook for 2-3 minutes and add **3 tsp cumin** (see notes).



2. ADD THE PUMPKIN

Peel and chop pumpkin and potatoes (see notes). Add to pan as you go with stock and **1 L water**. Bring to a boil and simmer, covered, for 15 minutes or until pumpkin is soft.



3. MAKE THE SCONES

Combine dumpling mix, 1/2 thyme leaves and 1/2 cheese in a bowl. Make a well in the centre and mix in **200 ml milk** and **2 tbsp oil** to make a soft dough. Knead gently and form into 12 scones. Place on a lined oven tray, sprinkle with remaining cheese, and bake for 10-15 minutes.



4. COOK THE PROSCIUTTO

Spread prosciutto on a second lined oven tray, cook on the top shelf in the oven for 5 minutes, or until crisp (see notes).



5. BLEND THE SOUP

Using a stick mixer, blend soup until smooth. Add a little extra water (see notes) if too thick. Season with **salt and pepper**.



6. FINISH AND PLATE

Serve soup in bowls, top with prosciutto and remaining thyme leaves. Serve scones on the side with **butter** (optional).

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