



SPICY PUMPKIN, SWEET POTATO AND CARROT SOUP

5 min 40 min easy 6 portions

INGREDIENTS

1 garlic clove
50 g leek, cut in pieces
20 g ginger, fresh, cut in pieces
30 g olive oil
200 g carrot, cut in pieces (5 cm.)
270 g sweet potato, cut in pieces (5 cm.)
500 g pumpkin, cut in pieces (5 cm.)
½ tsp. cayenne pepper
1 tsp ground black pepper
1 level tsp Himalayan salt
¼ tsp. cinnamon, ground
2 pinches nutmeg, ground
1 tsp. turmeric
1 tbsp. homemade vegetable stock paste
500 g water, lukewarm
40 g lemon juice, fresh

USEFUL ITEMS

soup tureen

PREPARATION

1. Place garlic, leek, ginger, and olive oil into mixing bowl, chop **5 sec/speed 5** and sauté **5 min/120°C/speed 1**.
2. Add carrots, sweet potato, pumpkin, cayenne pepper, black pepper, salt, cinnamon, nutmeg and turmeric and chop **20 sec/speed 4**, with aid of spatula.
3. Then, sauté **8 min/120°C/speed 3**. Scrape down sides of mixing bowl with spatula.
4. Add vegetable stock and water and cook **20 min/100°C/speed 2**.
5. Blend **40 sec/speed 8**. Transfer to a soup tureen, add lemon juice, mix gently and serve hot.

TIP

- Serve soup lukewarm or hot.
- The recipe is adapted by clinical nutritionist Nastazia Solomonidou.