



PUMPKIN, FENNEL AND GREEN APPLE SOUP

ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts
Low disaccharides

Prep time: 15 mins

Cook time: 30 mins

Serves: 6



INGREDIENTS

- 1 tbsp whole fennel seeds
- 1 tbsp pumpkin seeds
- ¼ cup olive oil
- 1 large onion, chopped
- 1 tbsp garlic, minced
- 1 large bulb fennel, roughly chopped
- 1 green apple, cored, roughly chopped
- 1kg pumpkin, roughly chopped
- 750 mls vegetable stock
- Natural coconut yoghurt to serve

METHOD

- Dry roast fennel and pumpkin seeds in a pan for 2-3 minutes until fragrant.
- Remove from pan and set aside for garnish.
- Heat oil in a deep pan and add onion and garlic, cook for 3-5 minutes.
- Add fennel, apple and pumpkin and cook for 10 minutes (stirring occasionally.)
- Add stock, and season with salt and pepper. Bring to the boil and simmer for 15 minutes, or until pumpkin is soft.
- Blend until smooth, serve with roasted seeds, coriander and yoghurt on top.