
"Nourish your Body"

Recipe Collection

Pumpkin and Cannellini Bean Soup

Ingredients

- 1 Spanish Onion
- ½ butternut pumpkin
- 2 cloves of garlic
- 1 tablespoon Chinese Five Spice
- Rice Bran oil
- 1L of reduced salt vegetable stock
- 1 can organic cannellini beans
- 1 cup of cauliflower florets



Method

1. Pre-heat oven to 200 degrees.
2. Peel and cube your pumpkin and place in a baking dish.
3. Roughly chop the Spanish onion and add to the pumpkin.
4. Place whole garlic cloves in baking dish.
5. Add a drizzle of rice bran oil and the five spice. Toss to coat.
6. Bake in for 20 minutes or until pumpkin is tender.
7. Mean while, add veggie stock in a large saucepan.
8. Add in beans and cauliflower and cook over a low heat for 5 – 10 minutes.
9. Add the cooked pumpkin, onion and garlic. Cook over a low heat for 15 – 20 minutes.
10. Blitz with a bar mix and serve with some freshly chopped parsley.

