



Pumpkin & Chickpea Soup

(adapted from Donnay Hay's [Off The Shelf](#))

Ingredients (6-8 servings):

- 1.4 kg pumpkin (cut into 2-3 pieces)
- 5 cups of chicken stock
- 1 tbsp olive oil
- 1 medium yellow onion
- 1 tsp ground cumin
- 1 tbsp honey
- 2 tbsp Dijon mustard
- 400g canned chick peas (garbanzo beans)

Directions:

1. Preheat oven to 220 degC. Put the pumpkin pieces flesh-side down in a baking pan and add about 1cm of water to the pan. Put the pan into the oven and cook pumpkin for 30-40 mins till the flesh is soft.
2. Remove pumpkin from the oven and scoop out pumpkin flesh into a large bowl. Add 1 cup of chicken stock. Use an immersion blender to blend the mixture till smooth. (Alternatively you can put the flesh and chicken stock into a food processor and pulse till smooth.)
3. Heat olive oil in a big pot. Add the onion and cook for about 2 minutes till onion is soft and translucent. Add the pumpkin mixture, the remaining 4 cups of chicken stock, the cumin, honey and mustard, and bring to a boil. Simmer for 5 minutes. Add the chick peas and simmer for another 5 minutes.
4. Serve hot.