



🕒 Approximately **40 min**

🔥 **240 kcal** p.p.

👥 **4 persons**

WHAT YOU NEED

- Pumpkin Hokkaido: 1 pcs
- Apple "Elstar": 3 pcs
- Onions: 1 pcs
- Carrots: 300 g
- Ground Ginger: 20 g
- Small red chili pepper: 1 pcs
- A jar of pesto alla Genovese: 1 pcs
- Bread muffins: 2 pcs

GOOD TO HAVE AT HOME

- Salt
- Pepper
- Olive oil
- Garlic cloves: 3 pcs
- Vegetable broth: 1600 ml
- Ground nutmeg: 1 pinch

ALLERGENS



JUICY APPLE PUMPKIN SOUP WITH PESTO AND CROUTONS

PREPARATION

- Wash and scrub the pumpkin. Cut in half and discard the seeds with a spoon. Cut into wedges and into smaller chunks afterwards. Peel carrots and cut them into smaller chunks. Wash, core and peel 2 apples and cut them into smaller pieces.
- Peel and chop 2 garlic cloves and onion. Wash, seed and finely chop chili pepper. You might not need all of it. Peel and finely chop ginger.

JUICY APPLE-PUMPKIN SOUP

- Heat some olive oil in a large pot and sauté garlic, onion, ginger and chili pepper for 3 min. on medium/low heat. Add apple, carrots and pumpkin chunks and fry for another 4 min. on medium heat. Deglaze with vegetable broth, add a pinch of salt and bring to a boil. Reduce the heat to medium, cover with a lid and let simmer for 20 min.
- Blend with your handheld blender afterwards and season to taste with another pinch of salt and ground cumin.

CROUTONS AND APPLE

- Cut the bread muffins into smaller cubes. Peel remaining garlic and crush into a bowl. Combine with 3-4 tbsp. olive oil and season with some sea salt. Roast the bread cubes on medium heat on a dry pan until lightly colored. Stir in the garlic mixture and toss with bread cubes. Fry until golden brown and crispy. Be careful not to burn the croutons. Set aside on a plate afterwards.
- Wash and core the remaining apple. Cut into slices and grill on a hot grill pan until well colored. Set aside.

SERVING

- Pour the soup into large bowls and top with apple slices, croutons and green pesto. Serve with some freshly ground pepper and enjoy while hot!