



# Love Your Pumpkin



## Pumpkin and ginger soup

RECIPE FROM JAMIE MAGAZINE BY ANDY HARRIS

### Method:

Deseed and roughly chop the pumpkin, peel and chop the shallots, then peel and finely grate the ginger. Pick and finely chop the herbs.

Place the pumpkin, shallots, ginger and some oil in a large saucepan and sauté until soft.

Add the stock, coconut milk and chilli powder. Season, then bring to the boil and simmer for 40 minutes.

Blitz in a food processor then serve with the fresh herbs, lime juice and a splash of coconut milk.

### Ingredients:

- 1 kg pumpkin
- 2 shallots
- 75g ginger
- a few sprigs of fresh herbs, such as chives, mint
- extra virgin olive oil
- 1 litre organic vegetable stock
- 125ml coconut milk, plus extra to serve
- ½ tablespoon chilli powder
- 1 lime

love the pumpkin flesh



## Chilli and lime pumpkin seeds

RECIPE BY LOVE YOUR CHELMSFORD

### Method:

Rinse pumpkin seeds in a colander/strainer.

Dry them in a clean tea towel and Heat your oven to 140 degrees celsius.

Mix the seeds in salt, chilli powder and lime juice. Place the seeds sparingly on a baking sheet and roast for 15 to 20 minutes.

Remove from the oven, and allow to cool, before consumption.



love the pumpkin teeth

### Ingredients:

- 2 cups pumpkin seeds
- 1/2 tablespoon chilli powder
- 1/2 squeezed lime

To recycle your pumpkin, place it next to your food waste bin on collection day

