

This wonderful seasonal vegetable should be used for more than just Halloween



# Pumpkin Soup

## Ingredients:

- 1 roughly chopped onion
- Pumpkin de seeded and peeled
- 2 tsp of curry powder
- 1 pinch of dried chilli flakes or 1/2 a fresh chilli
- 2 pints of water
- 1 vegetable stock cube
- Splash of milk

## Method:

1. Warm the oil and add the chopped onion until soft.
2. Add your curry powder, pumpkin and chilli and continue to cook, add the water and a stock cube until the pumpkin is soft.
3. At the end add the milk and blend your mixture until smooth.
4. Serve and enjoy.

## Using your seeds

### Method:

Clean the pumpkin seeds off and lay on a baking tray, toast them on 180oc for 15 minutes until golden brown and crunchy, Sprinkle a few of these on your soup, or enjoy as a snack.





Every year in the UK we throw away £12.5 billion worth of good food, costing the average family £60 a month. The good news is that there are some quick and easy things we can all do to reduce the amount of food we throw away.

# Halloween and Bonfire night top tips



Making lanterns this year? Why not make our pumpkin and coriander soup or a pumpkin tart with the leftover flesh. Or, freeze it for use at a later date. Don't forget to compost the shell.

A fun way to use up apples in danger of not being eaten is to make toffee apples, the kids will love them. Dip into two melted tablespoons of sugar.

Preparing trays of warming autumn lasagne or shepherd's pie, and batches of bolognese or spicy chilli, is a great way to feed a crowd with something hearty. Any leftovers can be put into airtight boxes or freezer bags and frozen to make a welcome homemade "ready meal" for use at later date.

If cooking rice for chilli one full mug is enough uncooked rice to feed four people.

Not sure how much pasta to boil? Use a spaghetti measure or use scales to weigh out the packet's guideline portion size. A good guide is two handfuls of dried pasta per adult.

Wrap jacket potatoes in foil and cook in the fire on bonfire night. If you've got any leftover spuds why not make quick fried potatoes for breakfast by dicing them and sautéing in a bit of olive oil or butter.

Turn any overripe autumn fruit into sumptuous warming fruit crumbles.

