

Pumpkin, Carrot & Lentil Soup

Season: Winter

Type: Main

Serves: 36 tastings

From the garden: Pumpkin, carrot, garlic & coriander leaves

Class focus: Washing carrot, chopping herb



Equipment:	Ingredients:
<p>Small stockpot x 1 Wooden spoon x 1 Chopping boards and knives Measuring cups Measuring spoons Blender stick Serving bowl x 5 Small ladle x 5</p>	<p>1 onion (skin-off, cut into quarters) 2 cloves garlic (skin-off, whole) 1 piece of pumpkin (skin-off, cubed - 3cm) 2 carrots (skin-on, cut into 3cm lengths) ¾ cup red lentil (rinsed) 1 teaspoon cumin 1 teaspoon ground coriander</p> <p>5 cups boiling water (from kettle) 1 vegetable stock cube 1 teaspoon salt 10 grinds of pepper</p> <p>¼ cup coriander leaves (finely chopped) ⅓ cup Greek yogurt</p>

What to do:

1. Wash all the vegetables and herb.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Put all the ingredients **except** yogurt and coriander leaves in a small stockpot and bring it to a simmer until all vegetables are soft, about 25 minutes.
4. Remove from heat and use a blender stick to blend all ingredients until smooth.
5. Stir in yogurt and coriander leaves.
6. Serve into 5 large serving bowls and with a small ladle in each.