

## Pumpkin, Sage & Chilli Soup

Squashes and pumpkins are wonderful at soaking up flavours, working especially well with stronger ingredients like chilli and ginger. As well as being bang in season at this time of year, pumpkins are brilliant providing Autumnal and Winter warmth in soups, risottos, pastas and tarts.

Serves 2-3

Red onions	3	Vegetable stock/water	500ml
Pumpkin	1/2 small	Sage	Small handful
Garlic	3 cloves	Lemon	1/2
Chilli	Slices	Fennel seeds	1 tsp.
Butter	40g		

Begin by heating a spoonful of oil in a pan and add half of the butter. When the butter is bubbling, add the finely sliced red onion, crushed garlic, chilli and half of the sage leaves together with a good pinch of salt and a turn of pepper.

In the meantime, peel the pumpkin and chop as finely as you can. When the onions are soft and jammy, add the squash, re-season and continue to cook until the squash begins to break down. Add the stock and bring to a simmer, cooking until the squash is tender.

When ready, add the remaining sage and blend until velvety smooth, adding a little water if necessary to create the perfect consistency. Season to taste with salt, pepper and a good squeeze of lemon and add more chilli if needs be!

Ladle into bowls and enjoy.