Honey Roasted Pumpkin, Carrot and Ginger Soup

EASY • 1 HOUR 20 MINS

This big bowl of winter comfort is made all the sweeter by roasting the pumpkin first in Capilano pure honey. It will add a sweet, caramelised richness to this classic soup, which is brightened by zingy ginger.



SKILL LEVEL	PREP TIME	COOKING TIME	SERVINGS
Easy	20 mins	60 mins	2

Ingredients

Visit capilanohoney.com.au to learn how to swap honey for sugar in your recipes.

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- 1-2 tbsp Capilano Pure Honey
- 1 tbsp extra virgin olive oil
- 500g kent or butternut pumpkin, peeled, de-seeded and cut into 3cm pieces
- 1 large carrot, peeled and chopped into thirds
- ½ brown onion, quartered
- 1 tsp crushed ginger
- 500ml vegetable stock
- 2 sprigs continental parsley, to serve
- 2 tsp dukkah, to serve
- 2 tbsp plain yoghurt, to serve

Method

1. Preheat oven to 180°C. Toss the pumpkin in honey, olive oil, salt and pepper, then transfer to a large roasting dish. Place carrot and onion on a separate tray and drizzle with olive oil until coated, then season with salt and pepper. Roast vegetables for 35-45 minutes until the pumpkin and carrot are soft and caramelised at the edges.

2. Transfer vegetables to a soup pot and add ginger and stock. Ensure the vegetables are completely covered with liquid, adding boiling water on top if required.

3. Place pot on medium heat and bring to a simmer. Reduce heat to medium low and simmer for 10 minutes, remove from heat and then blend the soup to a puree using a stick blender.

4. Divide between two bowls and top with a swirl of yoghurt, dukkah and continental parsley to serve.

Used in this recipe



Pure Honey

Smooth, sweet and perfectly balanced, generations of Aussies have grown up with Capilano Pure Honey. Made by Aussie bees and their beekeepers, our signature blend of eucalypt and ground flora honey is the taste of Australia.

Make the Sweet Switch
Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes here.

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