



# Dietitians Australia

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Preparation time  
10 minutes

Cooking time  
35 minutes

Serves  
4-6

Recipe courtesy of  
Fran Foulkes-Taylor, Accredited Practising Dietitian (APD)

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## Ingredients Method Nutrition

¼ large Kent pumpkin (1kg, peeled and cut into 2cm small cubes)  
2 tbsp olive oil  
2 tsp cumin  
1 large onion (diced)  
4 garlic cloves (peeled & crushed)  
3 cups salt-reduced vegetable stock  
1 tin chickpeas  
1 tin evaporated milk  
salt & pepper  
serving suggestion: toasted wholemeal bread (not included in Nutrition Information Panel)

1. Preheat fan-forced oven to 190°C.
2. Spread pumpkin cubes onto a baking tray and drizzle with 1 tablespoon of olive oil, tossing to coat. Bake for 30 minutes, or until soft.
3. Meanwhile, drizzle the remaining oil into a large pot. Add the onion and stir for 2 minutes over medium heat. Add garlic and cumin, and stir for another 1 minute.
4. Add the stock and chickpeas and leave to simmer on low heat, uncovered.
5. Once pumpkin is cooked, add to the pot. Use a stick blender to roughly blitz the soup. Add ½ tin of evaporated milk, and continue blitzing until soup is smooth and creamy. Add the remainder of the tin if needed.
6. Season with salt and pepper to taste, and serve with wholemeal bread.

Nutritional information is provided per serve

1056kJ (25%)

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