



# Oven-roasted Pumpkin-Apple-Soup

⌚ Preparation time: 15 minutes  
Cooking time: 15 minutes  
**Total time: 30 minutes**

👤 Portions: 2

## Ingredients (serves 2)

- 1 small pumpkin (I used Hokkaido/ weight without seeds/with skin 550 g)
- 2 apples
- 80 g (2.8 oz) onions
- 2 tsp. sesame oil
- Salt
- 1 small tsp. Ras el-Hanout (optional - you may replace it with a pinch of cumin)
- 1 tsp. paprika powder
- Chili flakes to your liking
- 2 tbsp. yeast flakes
- 1 small tsp. turmeric
- 2 tsp. hot Madras curry powder (or any other curry powder of your choice)
- 400 ml (13.5 oz) unsweetened plantbased milk
- Lemon juice for seasoning
- Optional: 5 g freshly grated ginger
- Optional: Soy or coconut yoghurt for garnish
- Optional: Sprouts for garnish
- Optional: Black Sesame seeds for garnish

## Optional for roasted garlic bread

- Half a baguette bread
- 1 clove of garlic
- 3-4 tbsp. olive oil

## Instructions (20 minutes preparation + 15-17 minutes baking time)

1. Preheat oven to 200 °C/ 392 °F fan and cover a baking tray with parchment paper.
2. Wash the pumpkin, cut it in half, remove the seeds and cut into cubes. Wash apples, remove core and also dice. Peel and slice the onions.
3. Put pumpkin cubes, apple pieces and onion rings on the baking paper, mix well with sesame oil, salt, 1 small tsp. Ras el-Hanout, 1 tsp. paprika powder and as desired a few chili flakes.
4. Bake at 200 °C / 392 °F fan for about 15-17 minutes until tender and slightly roasted.
5. Then put the ingredients into a large blender, add the yeast flakes, turmeric, hot Madras curry powder, plantbased milk and puree the ingredients until creamy. (If you don't have a blender, simply put the ingredients into a pot and puree them with a hand/stick blender)
6. Stretch the soup to the desired consistency with water and season to taste with lemon juice and salt. If you like, you can also add some grated fresh ginger (I skipped that this time as I felt like the aroma already was intense). If necessary, heat the soup again in a pot.
7. Pour pumpkin apple soup into bowls, garnish with vegan yogurt and sprouts and serve sprinkled with black sesame seeds. Enjoy to the fullest.

**Optional:** Cut open half a baguette, peel and press a clove of garlic. Mix the pressed garlic clove with 3-4 tbsp. of olive oil and brush the baguette slices with it. Bake the baguette slices in the oven at 200 °C/ 392 °F fan for 7-10 minutes until crispy and then lightly salt them. Serve the garlic baguette with the pumpkin soup.