
Roasted Pumpkin, Garlic & Mascarpone Soup with Parmesan

4-6 SERVINGS 200C FOR 1HR

QUICK & EASY

INGREDIENTS

1 Pumpkin - approx
2kg (Peeled, deseed
& diced)
1 head of Garlic
(peeled)
Olive Oil
500g Mascarpone
200g Parmesan
Seasoning

Garnish with Olive
Oil Toasted Pumpkin
Seeds & Chopped
Parsley

DIRECTIONS

PLACE THE PUMPKIN AND GARLIC HEAD (PEELED & SPLIT)
ONTO A ROASTING TRAY,

DRIZZLE
GENEROUSLY WITH OLIVE OIL AND SEASON

ROAST IN THE OVEN AT 200C FOR APPROX 1 HOUR UNTIL
TENDER

SPOON INTO THE LIQUIDIZER WHILE HOT ALONG WITH
THE MASCARPONE AND
PARMESAN AND BLITZ TILL SMOOTH, ADD A LITTLE
WATER IF TOO THICK

ADJUST THE SEASONING AND TASTE. REHEAT UNTIL
BOILING AND SERVE,

GARNISH WITH A FEW OLIVE OIL TOASTED PUMPKIN
SEEDS.

BUTTERNUT SQUASH CAN BE USED INSTEAD OF PUMPKIN IF
REQUIRED

