

**Dish Description / Methods:**

1. Preheat oven to 200 Degree Celsius. Place the pumpkin, carrot and onion, cut-side up on a lightly greased large oven tray lined with non-stick baking paper. Drizzle with oil and sprinkle with salt and pepper.
2. Cook for 45 minutes / until pumpkin is soft and onion is caramelised. Set aside to cool and then remove the pumpkin and onion from their skin. Put in a food processor and blend until smooth. Set aside pumpkin skins for pumpkin chips.
3. Next, heat oil in a pot and add Thai red curry paste. Stir and cook until fragrant. Then add water and prepared roasted pumpkin, onion and carrot and stir.
4. Bring to a gentle boil and leave to simmer. Once thickened, remove from heat.
5. To make the pumpkin skin chips, cut the roasted pumpkin skins into bite size and drizzle with oil. Return to the oven and cook for a further 20 minutes / until crispy.
6. To make a pumpkin seed garnish, Preheat the oven to 200 Degree Celsius and wash the seeds thoroughly and remove pumpkin flesh. Dry well using kitchen paper. Put the seeds on a separate baking tray and toss with olive oil.
7. Roast for 10 minutes. Then service with seasoning of choice.

**Allergens:**

**Gluten, Tree Nuts, Peanuts, Celery, mustard, sesame, soya, sulphites**

This is a sample recipe.

# Roasted Pumpkin and Carrot Soup

## Supply Chain

### Ingredients

Supplier	Supplier Code	Commodity	Quantity Used (10 Portions)	Unit Measurement
Bidfood MTD	99603	PUMPKIN COOKING	1.88	Kilo Grams
Bidfood MTD	99045	ONIONS WHITE	375	Grams
Bidfood MTD	03435	EVERYDAY FAVOURITES EXTENDED LIFE VEGETABLE OIL	75	Grams
Bidfood MTD	99282	KNORR BLUE DRAGON THAI RED CURRY PASTE	63	Grams
Bidfood MTD	96420	GROUND WHITE PEPPER TUB x 500g TUB	6.3	Grams
Bidfood MTD	85433	CARROTS PEELED LOOSE PACK	500	Grams
-	-	WATER	1.25	Litres
-	-	EVERDAY FAVOURITES COOKING SALT	6.3	Grams

### Nutrition per serving (415g):

	Kcal	Carbohydrates	Sugar	Total Fat	Saturates	Protein	Fibre	Salt
<b>Total</b>	726	102	11	11	1.7	41	27	0.2
<b>%RNI</b>	36%	39%	12%	16%	9%	82%	108%	3%

**Quality statement:** The details in this document are accurate at the time of production. Nutritional information and allergens are based on products available on the NHS Supply Chain: Food frameworks, and so may differ if you use alternative products to those in the recipe. Please check the labelling on products to confirm details such as allergens. NHS Supply Chain: Food is not responsible for any changes made to the recipes that might generate changes to allergens and nutritional information for example.