



JERNEJ KITCHEN

PUMPKIN SOUP WITH ROASTED PEANUTS AND KALE

Pumpkin Soup with Roasted Kale and Peanuts. Healthy savory meal, made from scratch, using real pumpkin or squash. Quick or easy midweek lunch or dinner.

SERVES	4	PEOPLE
PREPARATION:	15	MINUTES
BAKE:	60	MINUTES
COOK:	15	MINUTES

PUMPKIN SOUP

2 cloves of garlic
1 hokkaido squash
1 red onion
1 tbsp olive oil
2 onions
40 g butter
40 g peanuts, unsalted
1 tbsp walnut oil (optional)
10 kale leaves, small
700 - 1000g milk

TOOLS AND EQUIPEMENT

baking tray
parchment paper
pot
kitchen knife
chopping board
pan
blender

BAKE THE PUMPKIN

Preheat the oven to 190°C / 375 °F. Line a baking tray with parchment paper. Clean the hokkaido pumpkin, cut on 1 cm / 0.4 inch thick slices. Arrange all over the baking tray, add the garlic. Peel the onion, slice it to quarters and add to the baking tray. Drizzle with olive oil and a pinch of sea salt and black pepper. Bake for 1 hour.

ROAST THE PUMPKIN

Place a medium size pot over a medium high heat. Add the butter and chopped onions. Fry on a low heat for about 10 minutes. Add the baked pumpkin, cloves of garlic and baked chopped onion. Add 700ml milk, season to taste with salt and pepper and cook for about 5 minutes.

ROASTED PEANUTS AND KALE

Set a pan over low heat. Fry the peanuts and walnut oil for about 2-3 minutes. Clean the kale, remove the stems and add it to the pan. Fry for about 4 minutes. Transfer to a plate.

SERVE

Using a blender or hand blender, blend the pumpkin, so that you get a nice, silky soup. Add the rest of the milk, to make the soup as thin as your own preference. Otherwise leave it as it is. Serve in a soup bowl, topped with roasted peanuts and kale. You can also add a dollop of cream fraiche.