

# My Spicy Cajun Pumpkin Soup



## Ingredients

½ medium size Jap pumpkin  
25 grams Cajun Spice Mix  
1 onion  
Salt and Pepper to taste  
Around 1 litre Chicken Stock (or vegetable stock if you wish to make a vegetarian soup)  
150 ml fresh cream

## Method

- Cut pumpkin into small pieces, place in oiled baking tray and coat with Cajun spice. Place in hot oven and cook until slightly crisp on the outside and cooked on the inside.
- Whilst pumpkin is cooking sauté onion in large saucepan.
- Add cooked pumpkin to saucepan with enough stock to cover vegetables, then add salt and pepper and cook slowly for ½ an hour.
- Blend and add cream to serve.

Cajun Spice Mix is available at Bent on Food