

























# Squash & Pumpkin Soup

Perfect for the rainy autumn days, snuggle up under a blanket and enjoy this simple but delicious soup!

Cooking time



40 mins

Difficulty



EASY

Prep time



20 mins

Serves



4 people

Key



Knorr ingredient



## Ingredients

- 1 Knorr Vegetable Stock Cube
- 1 small pumpkin, cut into large chunks with the skin left on
- 1 small butternut squash, cut into large chunks with the skin left on
- 2 large carrots, sliced into rounds
- 1 onion, quartered
- 4 garlic cloves, peeled
- 1 tbsp dried oregano
- 1 tbsp cumin
- 1 tbsp cayenne pepper
- 1L water
- 1 sheet of puff pastry
- 125g cheddar cheese, grated
- 1 egg yolk, whisked
- 1 tbsp poppy seeds

## Cook

1. Pre-heat the oven to 180°C. Place all the vegetables in a large baking tray along with the garlic cloves. Drizzle with olive oil, then sprinkle the dried oregano, cumin and cayenne pepper. Put in the oven for 40 minutes.
2. Meanwhile, to make the Cheese Pastry Stars, flour a surface, lay out the puff pastry sheet and cover half with grated cheddar then fold in half. Roll the sheet to double its size and cut into star shapes using a shaped pastry cutter. Brush with egg wash and sprinkle with poppy seeds. Bake in the oven for 10-12 minutes until risen and golden.
3. Remove the vegetables from the oven, place in a large pot and add the Knorr Vegetable Stock Pot. Pour 1L of water then blend everything into a smooth soup.
4. Serve with a few Cheese Pastry Stars.




# Slow-Cooker Leek and Potato Soup

Try this warming soup garnished with chives and a few pieces of sourdough bread

Cooking time	Difficulty	Prep time	Serves	Key
 <b>240</b> mins	 <b>EASY</b>	 <b>10</b> mins	 <b>4</b> people	 Knorr ingredient

## Ingredients

-  1 Knorr Vegetable Stock Pot
- 500g potato
- 350g leeks, sliced
- 3 cloves garlic
- 1L water
- 15g sour cream

### To Garnish

Chives

### Serve With

Sourdough bread

## Cook

1. Add the potato, leeks, garlic and Knorr Vegetable Stock Pot to a slow cooker. Add 1L of water and cook on high for 4 hours.
2. After 4 hours, using a stick blender, blend the soup until smooth and stir in the sour cream. Ladle into bowls and garnish with chives and a few pieces of sourdough bread.

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