

30 minutes

Prep time

20-30 minutes

Cooking time

6-8 Servings

Serves

INGREDIENTS

1 kg peeled and seeded pumpkin, cut into

a 3cm dice

400g sweet potato, cut into a 3cm dice

2 brown onions, finely chopped

1 cup chicken stock

Salt and Pepper

1/2 cup sour cream

1 chorizo sausage, diced and fried

Coriander leaves, chopped to garnish

METHOD

- 1. Place pumpkin, sweet potato and onion into a solid steam tray.
- 2. Steam at 100°C for 20-30 minutes.
- 3. When programme is finished, puree cooked vegetables in a food processor or blender along with any liquid in the container and chicken stock. Process until smooth.
- 4. Season with salt and pepper to taste. Adjust thickness of soup with additional liquid stock if required.
- 5. Serve in warmed bowls topped with a spoonful of sour cream, diced chorizo and corainder