

Pumpkin, leek & cannellini bean soup



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Preparation 25 mins | Cooking 50 mins | Serves 4

2 tbs olive oil
2 garlic cloves, crushed
2 leeks, trimmed, halved lengthways, washed and thinly sliced
1.2 kg peeled and diced butternut pumpkin (about 1 medium)
pinch ground chilli (or to taste)
7 cups chicken stock
1 tbs thyme leaves
10 thin slices spicy pancetta
400g can cannellini beans, drained and rinsed
thyme sprigs, to serve

STEP 1 Heat oil in a large saucepan over medium heat. Add garlic and leeks and cook, stirring occasionally, for 4-5 minutes or until leeks are tender.

STEP 2 Add pumpkin, ground chilli, stock and thyme. Stir to combine, cover and bring to the boil. Reduce heat and cook, stirring occasionally, over medium-low heat for 25-30 minutes or until pumpkin is tender.

STEP 3 Meanwhile, preheat a grill on medium-high heat. Place pancetta on a foil-lined grill tray and grill for 1 minute on each side or until crisp at the edges. Drain on paper towel and cool. Break pancetta into thin strips and set aside.

STEP 4 Using a stick blender, puree soup until smooth. Stir in beans and season with salt and pepper to taste. Heat soup over medium-low heat for 5 minutes or until hot. Ladle soup into serving bowls, top with pancetta and thyme sprigs and serve.

Good for you...

BUTTERNUT PUMPKIN

Provides beta carotene, converted to vitamin A in the body and needed for normal vision. The deeper the colour, the higher the content of beta carotene. A source of vitamin C, which contributes to the normal functioning of the body's immune system.

