



JAFFA ORANGE AND SPICY PUMPKIN SOUP

Makes

4

Time

1
Hour

Level

SIMPLE

Kcal

144
per portion

You will need

- 3 x Jaffa Juicy Oranges (juiced)
- 4 x Garlic Cloves (minced)
- 1 x Onion (peeled and chopped)
- 1 x Medium Pumpkin
- 1 x Butternut Squash
- 1 x Thumb Sized Chunk of Ginger (peeled, grated)
- 1 x TBSP Red Thai Curry Paste
- 1 x TBSP of Double Cream
- 500ml Vegetable Stock
- 110ml Milk (of your choice)
- Pinch of Salt and Pepper

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Our step-by-step guide

Step 1

Line a large baking tray, and pre-heat the oven to gas mark 4/180°C/fan 160°C.

Step 2

Juice the Juicy Jaffa Oranges, halve the Butternut Squash and Pumpkin. Drizzle with oil of your choice, and sprinkle over salt and pepper. Roast in the oven until caramelised and tender (around 45 minutes.) Scoop out the Butternut Squash flesh and set aside (reserve the seeds for snacking on later!)

Step 3

Heat oil in a pan, then fry the onion for a few minutes. Add in Garlic and Ginger and heat until fragrant. Add the Butternut Squash flesh, Red Thai Curry Paste and pour over the Jaffa Orange Juice, Milk and 500ml of Vegetable stock. Heat for 5 minutes, then blend until smooth and creamy.

Step 4

Season to taste, then serve with crust bread and drizzled with cream.

Step 5

Enjoy!

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