

Low FODMAP Roasted Pumpkin & Carrot Soup

Serves: 6

Prep: 15 minutes

Cook: 55 minutes



Ingredients	Metric	Imperial
Kent pumpkin, peeled and cut into 1cm pieces	1000 g	35
Carrots, peeled and cut into 1cm pieces	800 g	28
2 tbsp olive oil	36 g	1.3
2 tbsp garlic infused olive oil	36 g	1.3
1 tbsp mustard seeds	8 g	0.3
2 tsp ground coriander	4 g	0.1
1 tsp ground cumin	2 g	0.07
1 tsp ground turmeric	2 g	0.07
½ tsp ground cardamom	1 g	0.04
¼ tsp chilli powder (optional)	0.25 g	0.01
1L Low FODMAP stock (chicken or vegetable depending on preference)	1000 g	35.3
500ml water	500 g	17.5

Method

1. Preheat oven to 210°C/410°C. Place cut pumpkin and carrot on a lined tray and drizzle over 1 Tbsp of the garlic oil and 1 Tbsp of the olive oil. Toss to coat. Place in the oven for 30-35 minutes.
2. Meanwhile, heat the remaining oils in a pot over medium heat. Add the mustard seeds and spices, cook stirring for a couple of minutes or until aromatic and the mustard seeds pop.
3. Add the roasted carrot and pumpkin to the pot along with the stock and the water. Increase heat to medium, cover and bring to the boil. Reduce heat to low and cook covered for 15 minutes.
4. After 15 minutes, uncover and leave to cool slightly for 15 minutes
5. Transfer half of the mixture to a jug and blitz with a stick mixer, repeat with the remaining pumpkin mixture.

Hints

- This soup freezes really well, double the mixture and freeze for a great low FODMAP portable meal.
- Serve with natural yoghurt (lactose free if required)

Nutrition Information (per serve)	
Energy	1023 Kj / 245 cal
Protein	5.60g
Carbohydrates	27.50g
Sugar	15.80g
Total Fat	13.60g
Saturated Fat	2.40g
Fibre	9.10g