



# Honey Roasted Pumpkin, Carrot and Ginger Soup

EASY • 1 HOUR 20 MINS

This big bowl of winter comfort is made all the sweeter by roasting the pumpkin first in Capilano Organic Raw Honey. It will add a sweet, caramelized richness to this classic soup, which is brightened by zingy ginger.



**SKILL LEVEL**  
Easy

**PREP TIME**  
20 mins

**COOKING TIME**  
60 mins

**SERVINGS**  
2

## Ingredients

- 1-2 tbsp [Capilano Organic Raw Honey](#)

Visit [capilanothoney.com.au](https://capilanothoney.com.au) to learn how to swap honey for sugar in your recipes.

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- 1 tbsp extra virgin olive oil
- 500g kent or butternut pumpkin, peeled, de-seeded and cut into 3cm pieces
- 1 large carrot, peeled and chopped into thirds
- ½ brown onion, quartered
- 1 tsp crushed ginger
- 500ml vegetable stock
- 2 sprigs continental parsley, to serve
- 2 tsp dukkah, to serve
- 2 tbsp plain yogurt, to serve

## Method

1. Preheat oven to 180°C. Toss the pumpkin in honey, olive oil, salt and pepper, then transfer to a large roasting dish. Place carrot and onion on a separate tray and drizzle with olive oil until coated, then season with salt and pepper. Roast vegetables for 35-45 minutes until the pumpkin and carrot are soft and caramelized at the edges.
2. Transfer vegetables to a soup pot and add ginger and stock. Ensure the vegetables are completely covered with liquid, adding boiling water on top if required.
3. Place pot on medium heat and bring to a simmer. Reduce heat to medium low and simmer for 10 minutes, remove from heat and then blend the soup to a puree using a stick blender.
4. Divide between two bowls and top with a swirl of yogurt, dukkah and continental parsley to serve.

## Used in this recipe



### ORGANIC RAW HONEY

Smooth, sweet and fragrant, Capilano Organic Raw Honey is made by Aussie bees that have foraged native eucalypt and ground flora in Australia's pristine national parks and forests.

#### Discover a Premium Taste

Perfectly pure, this honey is delicious drizzled on toast, cereal, tea, smoothies and yogurt.

#### Australian Certified Organic

This exceptional honey has been hand harvested by Aussie beekeepers from hives located within a 5km organic foraging radius and carefully packed to organic specifications.

#### Make the Sweet Switch

Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savory recipes. Learn more about how to swap Capilano for sugar in your recipes [here](#).

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