

Pumpkin Mango Soup

In the European fall there are lots of pumpkins. To add something fresh, the mango does a great job. It can be quickly made and it isn't too hard.

Preparation time: **30 min** + Cooking time: **40 min** = **Total time: 1h 10 min**

500g pumpkin
1 mango (ripe)
2 potatoes, medium sized
1 onion
2 tb. olive oil
900ml vegetable stock
2 ts. honey or agave syrup
2cm ginger, grated
100ml cream, whipped
coriander leaves
salt
pepper
cinnamon



Simple Steps to Succeed

1. Peel the pumpkin, potato and mango (using the peeler) and cut it into medium sized pieces.
2. Peel and cut the onion into small pieces.
3. Brown the onions using the olive oil.
4. Add the pumpkin, mango and the potatoes.
5. Deglaze it with the vegetable stock.
6. Add salt and pepper (just roughly) and a pinch of cinnamon. Also add the honey (just add as much as you like. I used about 2 ts.)
7. Let it cook until the vegetables are soft-boiled.
8. Add the ginger (make sure you don't get all the fibers of the ginger)
9. Pureé the soup in a blender.
10. Season with salt, pepper and cinnamon.
11. Decorate with whipped cream and chopped coriander leaves.

Serve with bread.