

SAY **BOO!**
TO KIDNEY DISEASE



**FRIGHT
FOR GOOD**



Spooky Pumpkin Soup

The perfect winter warmer to keep those chills away. Great for heating up when you're being wicked at work or have it ready to serve whilst *ghosting* high jinx at home.

For the soup:

- 2 tbsp olive oil
- 2 onions, finely chopped
- 1 kg pumpkin
- 700ml vegetable stock
- 150ml double cream

For the creepy croutons:

- 2 tbsp olive oil
- 4 slices wholemeal seeded bread, crusts removed
- Some dried pumpkin seeds

Method

1. Heat the olive oil in a large saucepan, add the onions and cook until soft
2. Chop your pumpkin into manageable chunks and add to the pan. Cook until it starts to soften and turn golden
3. Pour the stock into the pan and season with salt and pepper. Bring to the boil, then simmer for 10 mins until your pumpkin is mushy!
4. Pour the double cream into the pan, bring back to the boil, then purée with a hand blender.

For some creepy crouton extra crunch...

- Cut the bread into small squares. Heat the olive oil in a frying pan and fry the bread until crisp. Add a handful of pumpkin seeds to the pan and heat until toasted.

To create a spider web...

- Use some sour cream to create a spider's web design on the soup

THANK YOU FOR JOINING THE **FRIGHT** FOR GOOD



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