



Quinoa and pumpkin soup



Chef Matías Palomo (Chile)

Serves: 4

Ingredients:

200 g quinoa
1 onion
600 g pumpkin
½ leek
½ fennel bulb
1 tbsp virgin olive oil
½ tsp jalapeño chilli
Fresh dill

Preparation:

- Dice the onion, leek and pumpkin.
- Rinse the quinoa and sauté in a pan with a tablespoon of hot olive oil for one minute, constantly stirring.
- Add the onion, leek and pumpkin and cover all the ingredients with water.
- Bring the mixture to the boil then lower the heat to the minimum. Simmer for 15 minutes, checking occasionally if more water is needed.
- A couple of minutes before turning off the heat, add the jalapeño chilli.
- Use a blender to obtain a smooth mixture, not too thick.
- Cut the fennel into thin strips and sauté in a little olive oil in another pan, adding a pinch of salt, until golden brown.
- Serve the soup adding the fennel strips to each serving. Garnish with fresh dill.
- You can also garnish with plain yogurt.