

CAROLYN'S PUMPKIN & KUMARA SOUP

Ingredients

- 900 gm pumpkin
- 400 gm kumara
- 3 Tbsp oil
- 1 onion
- 2 garlic cloves
- 2 Tbsp plain flour
- ½ tsp curry powder
- Salt & pepper
- 6 cups vegetable stock
- 1 cup coconut cream

Method

Cut pumpkin into large wedges, keep skin on, also cut peeled kumara into large chunks.

Spread out on oven tray, drizzle with oil and sprinkle over salt and pepper. Roast in oven at 180 degrees until soft.

Scrape pumpkin from skin (it should come away easily) and pop the pumpkin and kumara into a large pot (or slow cooker to prevent it burning on bottom of pot). Sprinkle over the flour.

Dice up onion and finely chop garlic, fry off in 1 Tbsp of oil, add curry powder. When cooked add to pot.

Add vegetable stock to pot and simmer away until well cooked. It should be still quite thick, not too runny.

Using either a hand blender or a kitchen whizz, puree the soup. Then re-heat along with the coconut cream, do not boil.



Our friendly Family Works Administrator Carolyn makes the most amazing soup!

Puzzle Fun *Winter*



WORD FIND DOUBLE PUZZLE

S R P M E O P L Y E I H O E L
 N P E I A N G R P K E P O P L
 E E W T K T E A I M S L U O I
 T L D F N P A R W H Ā N A U B
 T O I E P I A R O Z S M F C U
 I A C I Q M W P I R W V R O D
 M C L T A F L B E K I X O M D
 Z S K T A A A E U K I F S M Y
 W X R B H C T J J U G I T U J
 O O A O D N A C W C B R Y N E
 G Q R V U R O N U R S E S I J
 A A B L Z K N A B D O O F T K
 T R O P P U S W V X E W U Y F
 O V R E H T E G O T B Z G G J
 E N L I V E N D W C E P N R X

This puzzle is a word search puzzle that has a hidden message in it.

First find all the words in the list.

Words can go in any direction and share letters as well as cross over each other.

Once you find all the words. Copy the unused letters starting in the top left corner into the blanks to reveal the hidden message.

AROHA
 BUDDY
 COMMUNITY
 ENLIVEN
 FOODBANK
 FROSTY
 MATARIKI

MITTENS
 NURSES
 OCTACAN
 OPSHOP
 OTAGO
 SLIPPERY
 SUPPORT

TAMARIKI
 TOGETHER
 VOLUNTEERS
 WHĀNAU
 WINTER



Blank grid for writing the hidden message.