Bow Tie Vegetable Soup

Season: Autumn
Type: Main
Serves: 32 tastings
From the garden: Thyme, basil, sage & pumpkin

Class focus: Boiling fresh pasta, stripping herb from the stems & chopping

Equipment:	**Ingredients:**
Small stockpot x 1 Wooden spoon x 1 Chopping boards and knives Measuring cups Measuring spoons Kitchen scale Serving bowl x 5 Small soup ladle x 5	10 cups hot water from kettle ¼ cup olive oil ½ onion (finely chopped) ¼ pumpkin (skin-off, cubed – 1cm) 1 celery stalk (finely chopped) 1 cup frozen peas 1 sprig basil (leaves only, finely chopped) 1 sprig sage (leaves only, finely chopped) 1 sprig thyme (leaves only) 1 vegetable stock cube 1 teaspoons salt 10 grinds of pepper 1 quantity of bow tie pasta (please get the pasta from **Blue Group**)

What to do:

1. Wash all the vegetables and herbs.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Put all the ingredients **except pasta** in a small stock pot, bring it to a boil then simmer for 10 minutes or until vegetables are tender.
4. Add the pasta, stir gently until pasta is cooked, about 3-5 minutes.
5. Remove soup from heat.
6. Serve into 5 large serving bowls with a small soup ladle in each.

For gluten free or vegan option:

- Use 1 tablespoon stock powder instead of stock cube.
- Please take a portion of the soup out after completing Step 3 (before you add the pasta) so Angela can mix it with the gluten free and egg free pasta for the gluten free or vegan students.

Interesting terms:
Interesting techniques: Boiling fresh pasta, stripping herb from the stems & chopping