MINI PUMPKIN COCOTTES

Categoria: First Courses **Difficoltà:** molto facile

Ingredienti per 4 persons

- 1kg pumpkin
- 2 carrots
- knob of butter
- 10cl cream
- 40cl water
- 1 chicken stock cube
- ground cumin
- ½ tsp salt
- pepper, to taste
- salad leaves or watercress to garnish

Peel the carrots and pumpkin and cut into 2-3cm cubes.

Fry in a preheated frying pan with the butter for about 5 minutes,

Add the vegetables to a saucepan with the water, chicken stock cube, ground cumin and salt.

Cook for about 20-25 minutes until the vegetables soften.

Season with pepper and crush to a coarse consistency.

Serve in individual bowls, with a generous swirl of cream and garnish with a few baby salad leaves or watercress.