HealthyU 3 course Sat Bains menu

**Pumpkin soup serves 2**

- 250g diced pumpkin
- 2 sliced shallots
- 50g butter
- 450g white chicken stock
- Salt and pepper to taste

Melt the butter in a pan and fry the shallot for 2 minutes, add the pumpkin and continue cooking for a further 5 minutes, add the warm chicken stock and simmer until the pumpkin is cooked (about 5 minutes) season with salt and pepper and blitz to a velvety texture. The soup can be finished with croutons or cream and maybe a little curry powder for a spicier kick.

**Spaghetti with rocket – pine nuts and lemon serves 2**

- 150g dried spaghetti
- 15g rocket
- Juice and zest of 1 lemon
- 40g of toasted pine nuts
- Olive oil and parmesan cheese

Cook the spaghetti in a large pan of salted boiling water, while the pasta is cooking place the rocket – lemon – and pine nuts in a bowl with a little olive oil and parmesan, strain the pasta and pour in the bowl, gently mix and finish with a drizzle of olive oil.

**Apple crumble serves 4**

- 150g plain flour, sieved pinch of salt
- 80g brown sugar
- 100g butter, cubed at room temperature

**Filling:**
- 250g cubed bramley apples
- 25g brown sugar
- 1 ground cinnamon

Place the flour and sugar in a large bowl and mix well. Taking a few cubes of butter at a time rub into the flour mixture. Keep rubbing until the mixture resembles breadcrumbs. Place the fruit in a large bowl and sprinkle over the sugar and cinnamon Spoon the fruit mixture into a tray, and then sprinkle the crumble mixture on top. Bake in the oven at 180oc for 40-45 minutes until the crumble is browned, this can be served with custard, cream or crème fraiche.