



COCONUT CURRY PUMPKIN SOUP

This is a classic pumpkin soup with a coconut twist. Served with tasted sourdough, it is the perfect lunch time meal.

🕒 1 hour

🍴 5 portions

INGREDIENTS

- 1kg of pumpkin, peeled, deseeded, cut into 3cm chunks
- 2 sweet potato, peeled, deseeded, cut into 3cm chunks
- 1 tbsp of , curry powder [6 g]
- 1 tsp of , turmeric, ground [3 g]
- 1 tsp of , cinnamon, ground [3 g]
- 2 cloves of garlic, minced [6 g]
- 2 onions, diced [300 g]
- 2 tablespoons of olive oil [27 g]
- 1 Can of coconut Cream [400 g]
- 2 cups of vegetable stock, [480 g]

COOKING METHOD

- 1° Preheat the oven to 180°C/350°F/Gas Mark 4.
- 2° Place the pumpkin and sweet potato chunks on a baking tray, drizzle with 1 tablespoon of olive oil and season generously with sea salt and freshly cracked black pepper. Place into the oven and bake all together for 40-45 minutes.
- 3° When the pumpkin has about 25 minutes to go, heat the remaining olive oil in a deep saucepan on a low-medium heat and cook the onions and garlic for 15 minutes until the onion starts to caramelise. Add in all the spices and cook for a further 2 minutes, then add in the coconut milk and stock. Bring to the boil, then simmer for 10 minutes
- 4° Once the pumpkin and sweet potato is ready, add the chunks into the soup and blitz half the soup with a stick blender.
- 5° Serve the soup between bowls and serve with bread

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (497 g)	% DRI
ENERGY	72 kcal	356 kcal	18 %
FAT	4 g	21 g	33 %
FATTY ACIDS, TOTAL SATURATED	3 g	14 g	68 %
CHOLESTEROL	1 mg	3 mg	1 %
SODIUM	40 mg	197 mg	8 %
CARBOHYDRATE	8 g	38 g	13 %
SUGARS	3 g	13 g	—
FIBER	1 g	5 g	19 %
PROTEIN	1 g	7 g	—