

Pumpkin, Coconut and Ginger Soup

Serves: 4

Prep time: 30 minutes

Cook time: 45 minutes



2 serves per portion

Ingredients

1 kg pumpkin (any variety), roughly chopped

4 tablespoons olive oil

1 teaspoon ground cumin

2 teaspoons ground turmeric

½ teaspoon ground cinnamon

Pinch of cayenne pepper (*optional*)

Pepper, to taste

1 brown onion, diced

3 garlic cloves, diced

3cm piece fresh ginger, grated

500mL chicken or vegetable stock

270mL can light coconut milk

Method

PREHEAT oven to 180°C.

PLACE chopped pumpkin on a baking tray lined with baking paper.

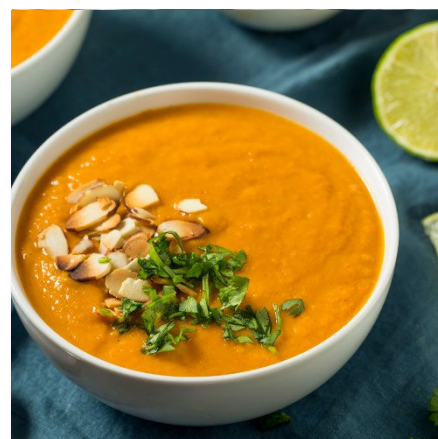
DRIZZLE pumpkin with 2 tablespoons olive oil and sprinkle over cumin, turmeric, cinnamon, cayenne pepper, salt and pepper. Mix well to evenly coat pumpkin in spices.

ROAST for approximately 45 minutes, or until pumpkin is soft and caramelised.

SAUTE onion, garlic and ginger in frypan with 2 tablespoons olive oil until fragrant and onion is soft.

BLEND roasted pumpkin, onion, garlic and ginger, chicken stock and coconut milk with stick blender, or in standard blender, until smooth.

HEAT soup in a saucepan or microwave to serve.



Everyday Food

Recipe courtesy of Lindsey Thynne, Country Kitchens team