



## PUMPKIN COCONUT CURRY SOUP

Try this spicy and tasty pumpkin soup. Warms your soul.

 20 minutes 55 minutes 6 portions

## INGREDIENTS

- 2 tablespoons of oil, olive, salad or cooking [27 g]
- 500 grams of pumpkin, raw
- 200 grams of onion, raw
- 3 cloves of garlic, raw [9 g]
- 2 cans of coconut milk [800 g]
- 2 tsps of spices, curry powder [4 g]
- 25 grams of butter, regular

## COOKING METHOD

- 1° Preheat the oven to 180 degrees Celsius. Chop up the pumpkin into wedges, leave the skin on. Place the pumpkin on an oven tray and sprinkle over the olive oil. Bake the pumpkin for 20 - 30 minutes until cooked. Remove from the oven and allow to cool. Once cool remove the skins.
- 2° In a large soup pot, heat up the butter. Chop up the onion and garlic, add to the melted butter and cook. Stir the curry powder through. Add the pumpkin and combine.
- 3° Slowly add the 2 cans of coconut milk [you can use coconut cream if want a creamier texture]. Allow to simmer and then remove from the heat. Once the heat has reduced, use a magic wand hand beater or food processor to puree the pumpkin soup. Return the pureed soup to a clean pot and heat through.
- 4° Serve with homemade bread, or croutons on top. Topping suggestions; Fresh parsley, cashews or peanuts, Greek yoghurt.

## NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [261 g]	% DRI
ENERGY	53 kcal	138 kcal	7 %
FAT	3 g	8 g	13 %
FATTY ACIDS, TOTAL SATURATED	1 g	3 g	15 %
CHOLESTEROL	3 mg	9 mg	3 %
SODIUM	67 mg	174 mg	7 %
CARBOHYDRATE	6 g	16 g	5 %
SUGARS	3 g	9 g	—
FIBER	1 g	2 g	8 %
PROTEIN	1 g	2 g	—