

Most people love a great pumpkin soup, including me! Try this one and you'll never go tinned again!

THAI PUMPKIN SOUP

SERVES 4 | 20 MIN PREP TIME | 20 MIN COOKING | 311 CAL/SERVE

INGREDIENTS

- 2 tablespoons Olive oil (40g)
- 1 Onion (89g)
- 1 tablespoons Red curry paste (20g)
- 1800g Peeled pumpkin
- 2 cups Liquid vegetable stock (500g)
- 3 kaffir lime leaves (2g)
- 1/3 cups Coriander leaves (5g)



Preparation Tips

- ➔ ROUGHLY CHOP ONION & PUMPKIN
- ➔ SHRED KAFFIR LIME LEAVES

METHOD

- 1 Heat oil in a large saucepan over medium heat. Add onion and cook, stirring, for 3 minutes or until soft. Add curry paste and cook, stirring, for 1 minute. Add pumpkin and stir to coat in paste.
- 2 Add stock and 500ml (2 cups) water to pan. Bring to the boil. Reduce heat to low and simmer, covered, for 15 minutes or until pumpkin is soft.
- 3 Uncover and set aside to cool slightly. Puree using a handheld blender or in a food processor.
- 4 Divide soup between bowls. Top with shredded kaffir lime leaves and coriander to serve.



FREE

Gluten Free



FREE

Low in Carbohydrates



FREE

Lactose Free



Mish's Tips

Kaffir lime leaves add a beautiful fragrance to this pumpkin soup. You will find them with the fresh herbs in the supermarket or greengrocer.

Use finely grated lime rind as an alternative to the lime leaves. Use 1-2 limes.



Nutritional Info

Per Serve *

CALORIES	311 cal
PROTEIN	7.3g
FAT TOTAL	11.8g
FAT SATURATED	1.6g
CARBOHYDRATES	32.9g
SUGARS	28.8g
SODIUM	597.7mg
DIETARY FIBRE	12.4g

* This recipe has 4 serves.