



THAI SPICED PUMPKIN SOUP



INGREDIENTS

SERVES 6

- 1 tablespoon olive oil
- 1 brown onion
- 2 cloves garlic
- 2 inch piece of ginger
- 1 kg pumpkin
- 1 chilli
- 1 lemongrass stalk
- Handful of coriander stalks
- 2 ½ cups stock
- 1 can coconut milk

FROM THE GARDEN

- Lemongrass
- Coriander

EQUIPMENT

- Large stock pot
- Wooden spoon
- Chopping boards
- Sharp knives
- Disposable gloves
- Teaspoon
- Grater
- Vegetable peeler
- Blender

INSTRUCTIONS

1. Put the oil into a large stock pot and heat the pan.
2. Chop the onion and fry for a few minutes until the onion starts to soften.
3. Crush or finely chop the garlic, peel and grate the ginger and add both to the pan.
4. De-seed and finely chop the chilli using disposable gloves. Add to the pan.
5. Roughly chop the lemongrass and coriander stalks.
6. Peel the pumpkin and roughly chop. Add to the pan with the lemongrass, coriander, stock and coconut milk.
7. Bring to the boil, cover and turn down to a simmer.
8. Once the pumpkin is soft, remove the lemongrass and blend the soup until smooth and velvety.

