

INGREDIENTS

1.5kg pumpkin (peeled and chopped)

2 tbsp oil

4 tbsp garlic and ginger paste

4 tbsp red curry paste

1.5lt veg or chicken stock

400mls coconut cream

TO SERVE

Sprigs fresh coriander

Crispy shallots

Lime juice (freshly squeezed)

Red capsicum or chilli (finely sliced, optional)

INSTRUCTIONS

1. Heat the oil in a large saucepan. Add the garlic and ginger paste and fry until golden, add the curry paste and fry for 2 minutes
2. Add the pumpkin, stir to coat in the paste mix and then add stock (or water) - enough to almost, but not quite, cover the pumpkin. Bring to the boil then simmer until the pumpkin is soft, approx. 20-25 minutes
3. Add the coconut cream and cook for a further 10 minutes
4. Place the mixture in a food processor and blend until smooth, or use a stick blender. Add extra water if it is too thick. Serve topped with coriander, crispy shallots and chilli

TOP TIPS

Peeling the pumpkin can be a bit tricky - if you have a bit of time you could roast it in the oven first. Place it in the oven at 150-180 degrees for 1 hour, take it out, allow to cool, and you should find that the skin peels off very easily!

Instead of using veg or chicken stock, you can just use water - there will be heaps of flavour from the pumpkin and curry paste.



Red Curry & Pumpkin Soup



4-6 servings



40 minutes

A South East Asian take on a Kiwi favourite, this is pumpkin soup with a twist! Using bought red curry paste and coconut cream is a really simple way to jazz up your soup - and it is perfect to warm you up on a cold winter's day.

This is a large recipe - designed for you to have leftovers. It freezes incredibly well, so makes the perfect homemade "ready meal" for those evenings when you want something healthy and delicious, but don't feel like cooking.