

Pumpkin Soup

Ingredients

- 1 tbsp sunflower oil
- 3 shallots, chopped
- 3 cloves garlic, crushed
- 5cm piece ginger, grated
- 2 tsp medium curry powder
- 750g pumpkin or squash flesh, cubed
- 400g can reduced-fat coconut milk
- 400ml vegetable stock
- 50g pumpkin seeds (to garnish)



Method

1. Heat the oil in a large saucepan and cook the shallots for 3–4 minutes or until beginning to soften, but not brown.
2. Add the garlic, ginger and curry powder and cook for a further minute. Add the cubed pumpkin flesh, coconut milk and stock. Bring to the boil, then reduce the heat to a simmer and cook gently for 10–12 minutes or until the pumpkin is tender.
3. Meanwhile, heat a frying pan over a medium heat and add the pumpkin seeds. Stir continuously for 1–2 minutes, until warm, watching closely as they are easy to burn. Leave to cool.
4. Allow the soup to cool in the saucepan for a few minutes, then blend until smooth. Ladle into bowls and serve sprinkled with the toasted pumpkin seeds.