

## Thai-Style Pumpkin Soup

<p><b>Equipment:</b></p> <p>Chopping boards Knives Large, deep saucepan Wooden spoon Measuring spoons Measuring jug Tin opener Ladle Stick blender (metal blades)</p>	<p><b>Ingredients:</b></p> <p>2 large onions, peeled and sliced 1 whole Butternut pumpkin, peeled &amp; diced 1-2 tablespoons of red curry paste (to taste) 4 garlic cloves, finely minced 2 red capsicums, pre-roasted &amp; skin removed, chopped olive oil or coconut oil salt and pepper 2 litres of chicken or vegetable stock 400ml coconut milk 2 kaffir lime leaves ½ cup chopped coriander and/or pepitas to garnish plain yoghurt, or cream to serve</p>
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### What to do:

- Prepare vegetables according to the ingredient list.
- In a large saucepan, heat 1-2 tablespoons of oil over a medium flame.
- **Add the chopped onion**, and sauté for a couple of minutes until softened.
- **Add the diced pumpkin, curry paste and garlic**. Fry for 1-2 minutes, stirring constantly, until fragrant.
- **Add the capsicum, stock and lime leaves**. Cover with the lid and **simmer for 10-15 minutes** or until pumpkin pieces are cooked through and very soft.
- **Add the coconut milk and stir through**. Check the flavour – do you need a bit more curry paste, salt or even a little sweetness?
- **Remove the kaffir lime leaves** and discard. Remove the soup from heat and **allow to cool** slightly before using a stick blender to process the soup until it is smooth and creamy.
- **Prepare your garnishes** and serving bowls.
- **Check the consistency of the soup** and flavour balance. If the soup is too thick, you can slowly add some warmed stock to thin it down. If it is a bit thin, you could add some more cream or coconut milk (but do this in small amounts at a time, and check your flavours again before serving).
- To serve, spoon a ladleful into each bowl. Scatter with coriander, a dollop of yoghurt and a few pepitas or bit of cracked pepper.