

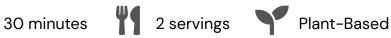


# Spiced Pumpkin & Cashew Soup

Wholesome and nourishing, this pumpkin soup is mild and creamy with a warm flavour of ginger and freshness from the lime.







Spice it up!

This soup goes great with some fresh chilli and coriander on top! For a more aromatic flavour, add some lemongrass or crushed garlic to the broth as it simmers and season it with soy sauce or fish sauce at the end!

TOTAL FAT CARBOHYDRATES

57g

## FROM YOUR BOX

SHALLOT	1
CELERY STICKS	2
GINGER	1/2 piece *
BUTTERNUT PUMPKIN	1/2 *
ТОМАТО	1
CASHEWS	1 packet (50g)
CASHEWS  VEGGIE STOCK PASTE	1 packet (50g) 1 jar
VEGGIE STOCK PASTE	1 jar
VEGGIE STOCK PASTE COCONUT MILK	1 jar 165ml

<sup>\*</sup>Ingredient also used in another recipe

## FROM YOUR PANTRY

sesame oil, salt and pepper, curry powder

#### **KEY UTENSILS**

large saucepan with lid

### **NOTES**

Curry powders vary in heat, if you know yours is more on the spicy side, add less to begin with. Otherwise you can use ground turmeric and some ground cumin instead!



# 1. SAUTÉ THE AROMATICS

Chop shallot and celery. Peel and grate ginger to yield 1 tbsp. Add to a large saucepan over medium heat with 1 tbsp sesame oil and 1 tbsp curry powder (see notes). Cook for 5 minutes until fragrant.



## 2. ADD THE VEGETABLES

Dice pumpkin (roughly 4cm) and wedge tomato. Add to pan as you go along with cashews.



## 3. SIMMER THE SOUP

Stir in stock paste, coconut milk and 3 cups water. Cover and simmer for 15 minutes or until vegetables are tender.



# 4. STIR IN KALE

Thinly slice kale leaves and stir through soup (add more water if needed). Season to taste with salt and pepper.



# **5. FINISH AND PLATE**

Divide soup among bowls. Garnish with lime zest and serve with lime wedges.



