



Product Spotlight: Cashews

Cashews are a good source of magnesium which is vital for the healthy development of the body's muscles, bones, tissues and organs.



4 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.



30 minutes



4 servings



Plant-Based

31 August 2020

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!

Per serve: **PROTEIN** 10g **TOTAL FAT** 29g **CARBOHYDRATES** 36g

FROM YOUR BOX

BROWN ONION	1
CELERY STICKS	3
GINGER	1/2 piece *
BUTTERNUT PUMPKIN	1/2 *
CARROT	1
TOMATOES	2
CASHEWS	1 packet (100g)
VEGGIE STOCK PASTE	1 jar
COCONUT MILK	165ml
KALE	1/2 bunch *
LIME	1

**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 onion and celery. Peel and grate ginger to yield 1 tbsp. Add to a large saucepan over medium heat with **2 tbsp sesame oil** and **1 1/2 tbsp curry powder** (see notes). Cook for 5 minutes until fragrant.



2. ADD THE VEGETABLES

Dice pumpkin (roughly 4cm), slice carrot and wedge tomatoes. Add to pan as you go along with cashews.



3. SIMMER THE SOUP

Stir in stock paste, coconut milk and **1L 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.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

