

**Product Spotlight:
Mughal's Roti**

These roti breads are made fresh here in WA by Mughal foods. We recommend storing them in the fridge to retain optimum freshness.



Red Curry Pumpkin Soup

with Garlic Prawns & Roti

A twist on the classic pumpkin soup with exotic Thai flavours. Served topped with garlic seared prawns and a side of roti breads for dipping.



35 minutes



4 servings



Fish

Change the flavour

*You can use spices of choice for this soup!
Try using an Indian spice paste instead
and add some mustard seeds when
cooking the prawns.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	19g	11g	82g

FROM YOUR BOX

BUTTERNUT PUMPKIN	1
CARROTS	2
BROWN ONION	1
RED CURRY PASTE	1 jar
COCONUT MILK	400ml
CORIANDER	10g
LIME	1
RED CHILLI	1
ROTI BREADS	1 packet
GARLIC CLOVES	2
PRAWNS	1 packet

FROM YOUR PANTRY

oil for cooking, salt (or soy/fish sauce), pepper, sugar

KEY UTENSILS

oven tray, large saucepan with lid, frypan, stick mixer or blender

NOTES

Add some of the chilli into the prawns when cooking if desired.

No gluten option – roti bread is replaced with **GF bread rolls**. Warm in oven and slice to serve.



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1. ROAST THE VEGETABLES

Set oven to 220°C.

Peel and roughly chop pumpkin, slice carrots. Toss on a lined oven tray with **oil**, **salt and pepper**. Roast for 25 minutes or until tender.



4. BLEND & SEASON THE SOUP

Add roasted vegetables and allow to warm through. Take off heat and use a stick mixer to blend soup until smooth, adding more **water** if needed (we added 1/4 cup). Squeeze in juice from 1/2 lime and adjust seasoning with **1/2 tsp sugar and salt**.



2. SIMMER THE SOUP BASE

Meanwhile, dice onion and sauté for 3–4 minutes in a large saucepan with **oil**. Stir in red curry paste, coconut milk and **1 tin water (400ml)**. Bring to a boil and simmer, covered, for 10 minutes.



5. COOK THE PRAWNS

Chop or crush garlic. Heat a frypan over medium-high heat with **2 tbsp oil**. Add prawns and cook for 1 minute. Turn over and add garlic, reserved coriander stems and lime zest (see notes). Cook for 1 minute then toss to coat until cooked through. Season with **salt and pepper**.



3. PREPARE THE GARNISH

Pick coriander leaves and finely chop stems, keep separate. Zest lime and cut 1/2 lime into wedges. Slice chilli.

Wrap roti in some baking paper and place in the oven for 5–8 minutes to warm.



6. FINISH AND SERVE

Ladle soup into bowls and top with garlic prawns and any oil from pan. Garnish with chilli, coriander leaves and a lime wedge. Serve roti breads on the side.

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**

