



### 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.





## 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!*

## 3 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

 2 servings

 Vegetarian

## FROM YOUR BOX

SHALLOT	1
CELERY STICKS	2
GINGER	1/2 piece *
BUTTERNUT PUMPKIN	1/2 *
TOMATO	1
CASHEWS	1 packet (50g)
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!

**Protein upsize add-on option – paneer cheese.**

Dice cheese and cook in a pan over medium-high heat with oil for 5 minutes until golden. Stir through soup in step 4.



### 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.

**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](mailto:hello@dinnertwist.com.au)

