

Thai Pumpkin & Coconut Soup

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This soup is light and delicious. It makes a good amount, so freeze any you won't eat up within the week (it will keep in the freezer for up to 3 months). You can buy lemongrass and Thai lime leaves in most supermarkets; if you can't find lemongrass, you can use a paste instead. Freeze leftover Thai lime leaves for another time.

Serves	8-10	Per serve	
Prep time	20 minutes	Carbs	7.2 g
Cook time	25 minutes	Protein	2.5 g
Difficulty	●●●	Fat	8.9 g
		Energy	122 Cal

INGREDIENTS

- 1 tbsp coconut oil
- 2 onions, roughly chopped
- 1 tsp salt
- 4-5 cups peeled, chopped pumpkin (about ½ a pumpkin)
- 2-3 cm ginger, peeled
- 3 cloves garlic, peeled
- 1 stalk lemongrass, cut into 3 cm pieces
- 1-2 Thai lime leaves (optional)
- ½-1 red chilli (optional)
- 400 ml can coconut cream
- 1 litre chicken or vegetable stock
- 1 litre water
- 1 red or green chilli, thinly sliced
- 1-2 tbsp coriander, chopped

METHOD

Heat the coconut oil in a large, thick-bottomed pot over a medium heat. Add the onion and salt and cook for 4-5 minutes, stirring often, until the onion is soft and lightly caramelized.

Add all the remaining ingredients and increase the heat to high. Cover the pot with a lid and bring to the boil, then reduce the heat to medium-low and simmer the soup for about 20 minutes, until the pumpkin is tender.

Remove from the heat and allow to stand for about 5 minutes before blending with a hand-held blender until smooth. Alternatively, let cool down until it is just warm, then blend in a smoothie blender or similar. Once the soup is smooth, season to taste, and add chilli and coriander (if using). Reheat if necessary and serve.

