



READY TO COOK
BY HARRIS FARM

SOUTHEAST ASIAN STYLE PUMPKIN SOUP WITH GARLIC PRAWNS



PREP
15 min

COOK
45 min

SERVES
4

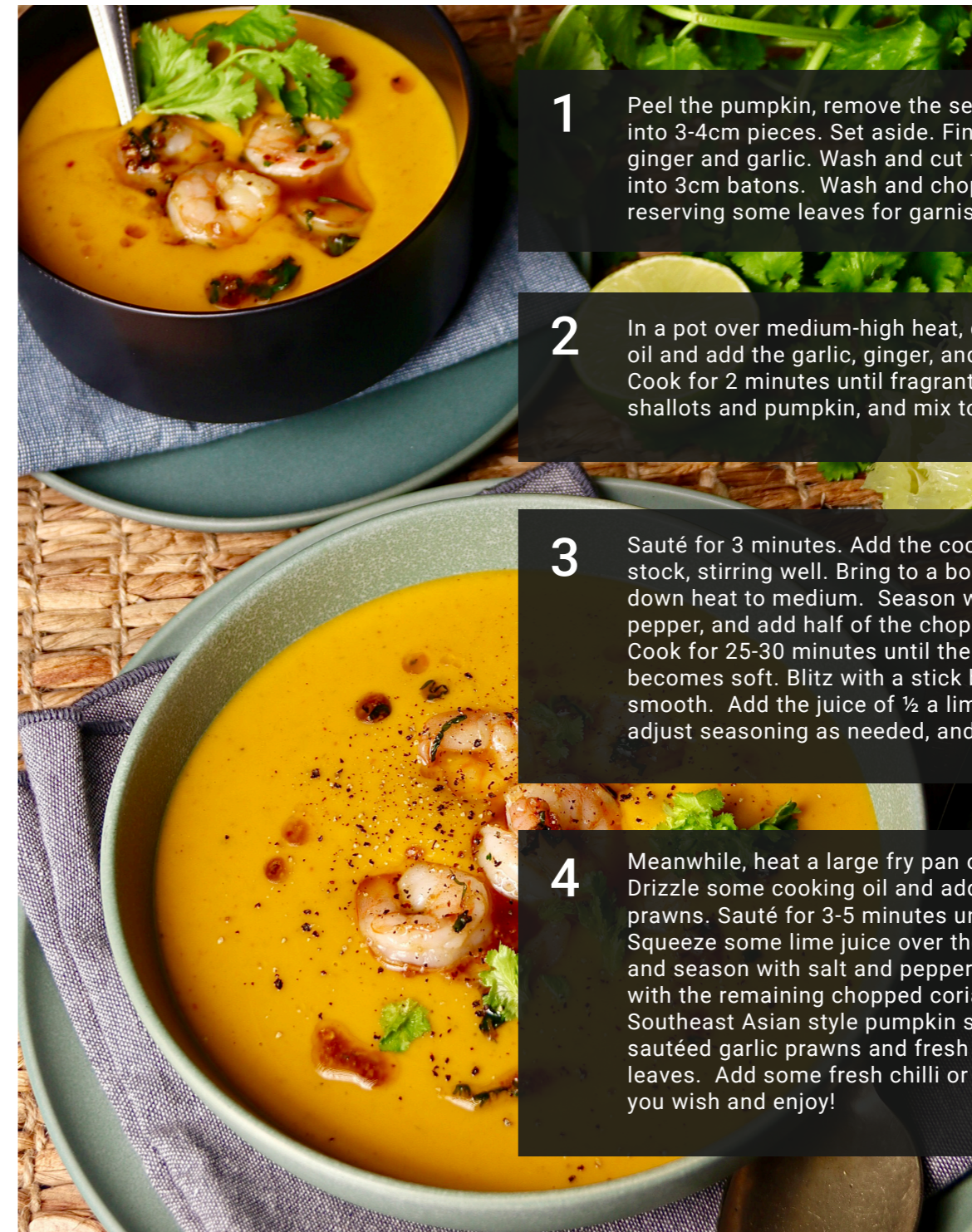
INGREDIENTS:

- > 1kg Kent Pumpkin
- > 1 Knob Ginger
- > 2 Garlic Cloves
- > 1 Shallots Bunch
- > ½ Coriander Bunch
- > 60g Masaman Curry Paste
- > 400g Coconut Milk
- > 1L Vegetable Stock
- > 500g Garlic Prawns
- > 1 Lime

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Cooking Oil
- > Salt and Pepper
- > Fresh Chilli or Chilli Sauce

METHOD - GET COOKING!



1 Peel the pumpkin, remove the seeds, and cut into 3-4cm pieces. Set aside. Finely chop the ginger and garlic. Wash and cut the shallots into 3cm batons. Wash and chop the coriander, reserving some leaves for garnishing.

2 In a pot over medium-high heat, drizzle cooking oil and add the garlic, ginger, and curry paste. Cook for 2 minutes until fragrant. Add the shallots and pumpkin, and mix together.

3 Sauté for 3 minutes. Add the coconut milk and stock, stirring well. Bring to a boil then turn down heat to medium. Season with salt and pepper, and add half of the chopped coriander. Cook for 25-30 minutes until the pumpkin becomes soft. Blitz with a stick blender until smooth. Add the juice of ½ a lime. Taste and adjust seasoning as needed, and keep warm.

4 Meanwhile, heat a large fry pan over high heat. Drizzle some cooking oil and add the garlic prawns. Sauté for 3-5 minutes until golden. Squeeze some lime juice over the prawns and season with salt and pepper. Toss them with the remaining chopped coriander. Serve Southeast Asian style pumpkin soup with sautéed garlic prawns and fresh coriander leaves. Add some fresh chilli or chilli sauce if you wish and enjoy!

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- If desired, add some fresh chilli or chilli sauce for an extra kick.



FEEDBACK OR QUESTIONS?

Shoot us an email at:
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