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Pumpkin Soup

- 1 leek cleaned and cut into small slices
- 1 small red chilli optional
- 1 6cm piece of fresh ginger peeled and grated
- 1 x 3 cloves of garlic
- 1 lime zest and juice
- 1 tablespoon of fish sauce (optional can use more lime juice)
- 800 grams of Kent pumpkin peeled, seeds removed and cut into 4cm pieces
- 2 carrots peeled and chopped
- 4 1/2 cups of water or chicken stock
- 400 mls of light coconut milk
- 1 handful of fresh coriander to serve

1 tablespoon of oil (coconut or vegetable)

Method

Gently fry the leek in a little oil till soft add the pumpkin, carrots and fry till all sides are coated with oil and beginning to brown. Add the garlic, lime zest and ginger, then add the stock and bring to a simmer. Cook until the pumpkin is soft.

Use a blender or food processor to blend soup to a smooth consistency and return to the saucepan and heat through. Add the coconut milk and warm add the lime juice and fish sauce and serve with extra coconut milk and fresh coriander.



Have you seen our Mamma ladle strainer?