



FAST. EASY. FRESH.

THAI CURRIED PUMPKIN SOUP

WITH PEPITAS, CILANTRO, AND MULTIGRAIN ROLLS

1. Start by prepping your ingredients. Peel and finely dice (as small as you can!) the **white onion**. Peel and mince the **garlic**.

2. Heat the **oil** in a large pot over medium-high heat. Add the onion and sauté for 5 minutes, stirring occasionally, until softened. Add the garlic and **red curry paste**, and stir to combine. Sauté for 2 more minutes, stirring occasionally.

3. Add the **vegetable stock** and half the can of **coconut milk** (save the rest for another use or add more to taste), and stir to combine. (At this point, if you choose to and have a blender or food processor, you can puree the soup until smooth and then return to the pot. It will be yummy whatever method you use!)

4. Next, add the **pumpkin puree**, **cumin**, **ginger**, 1 tsp. **salt**, and stir to combine. Continue cooking until the soup comes to a simmer, then reduce the heat to medium-low and cook for 1-2 minutes. Taste the soup and season with extra salt and **pepper** as desired.

5. To serve, spoon the soup into bowls and top with **pepitas**, roughly torn **cilantro** leaves and alongside the **multigrain rolls**. Enjoy!



Ingredients (4 Person Serving – 580 Calories Per Serving)

Olive Oil	2 Tbsp.	Ground Cumin	2 tsp.
White Onion	1 Medium	Ground Ginger	2 tsp.
Garlic	4 Cloves	Cilantro	Small Bunch
Red Curry Paste	3 Tbsp.	Pepitas	6 Tbsp.
Vegetable Stock	900 ml	Multigrain Rolls	4
Coconut Milk	1 398 ml Can	Salt and Pepper	To Taste
Pumpkin Puree	1 796 ml Can		

30 Minute Cook Time!