



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 **half** the **vegetable stock** and all the **coconut milk**, 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 you decide to do though!)

4. Next, add the **pumpkin puree**, **cumin**, **ginger**, ½ tsp. **salt**, and stir to combine. Continue cooking until the soup comes to a simmer, then reduce the heat to medium-low (If it starts to get too thick you can add some more vegetable broth to thin it out). 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 (2 Person Serving – 580 Calories Per Serving)

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|-----------------|--------------------|------------------|-------------|
| Olive Oil | 1 Tbsp. | Ground Cumin | 1 tsp. |
| White Onion | 1 Small | Ground Ginger | 1 tsp. |
| Garlic | 2 Cloves | Cilantro | Small Bunch |
| Red Curry Paste | 1 ½ Tbsp. | Pepitas | 3 Tbsp. |
| Vegetable Stock | 1 900 ml Container | Multigrain Rolls | 2 |
| Coconut Milk | ½ Cup | Salt and Pepper | To Taste |
| Pumpkin Puree | 1 398 ml Can | | |

30 Minute Cook Time!