



The Gathered Green

ABN: 60 149 134 643

P: 0409 841 048

jane@thegatheredgreen.com.au

BROCCOLI & PUMPKIN SOUP

Thank you to mystera-magazine.com for the inspiration towards this recipe, and hkyantoyan.com for the photo.

Ingredients

Serves 2

- 1 small pumpkin
- 1 medium sized head of broccoli
- 1 cup of coconut milk
- 1 medium brown onion
- 1 teaspoon of coconut oil
- 1 clove crushed garlic
- 1 teaspoon turmeric
- 1 splash of tamari
- Cracked pepper to taste
- Rock salt to taste





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Method

Remove seeds and roughly cut pumpkin into 4cm wide strips. Remove skin. Steam pumpkin in a steamer with lid on, on medium high heat for approximately 12 minutes, or until soft.

Pull off the broccoli florets and slice the centre part into small strips. After pumpkin has been steaming for 5 minutes, add broccoli and steam for remaining 7 minutes with pumpkin.

Heat coconut oil in fry pan on medium high heat. Dice up onions and lightly fry for approximately 2 minutes, or until soft. Add crushed garlic and turmeric and stir briefly until mixed in.

Add coconut milk, tamari and cracked pepper and briefly simmer on low heat with lid on.

Add steamed broccoli, onion/coconut milk mix to a blender and blend for a few seconds before adding the steamed pumpkin.

Blend all ingredients again until smooth and creamy and serve immediately.

Enjoy!

Jane

