

DINNERLY



 HEALTHY

 ONE PAN

Thai-Style Pumpkin Soup with Crunchy Pepitas

 30-40 minutes  2 Servings

Not just any old pumpkin soup, this Asian take is simply soup-erb. A little red curry paste gives it a mild oomph, while coconut milk makes it rich and deliciously creamy.

WHAT WE SEND

- 6

WHAT YOU NEED

- boiling water
- olive oil
- soy sauce⁶
- sugar

TOOLS

- medium saucepan with lid
- small frypan
- stick blender or food processor

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Soy (6). May contain traces of other allergens.

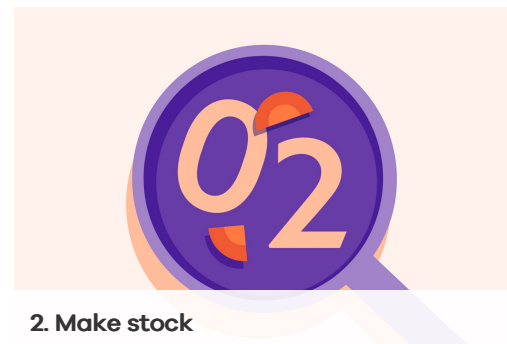
NUTRITION PER SERVING

Energy 570kcal, Fat 37.6g, Carbs 38.2g, Proteins 14.8g



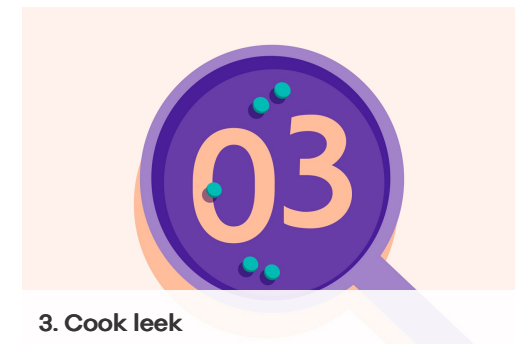
1. Prep ingredients

Crush or finely chop 1 **garlic clove**. Halve the **leek** lengthwise, then thinly slice the pale stem, discarding any dark green stem or leaves (see Kitchen 101). Peel the **pumpkin** and **sweet potato**, then cut into 2cm chunks. Put the **pepitas** in a cold small frypan over medium heat and cook, tossing, for 2-3 mins until toasted. Remove from the pan.



2. Make stock

Crumble 1 **stock cube** (the remaining stock cube won't be used in this dish) into a heatproof jug, add **500ml (2 cups) boiling water** and stir to dissolve.



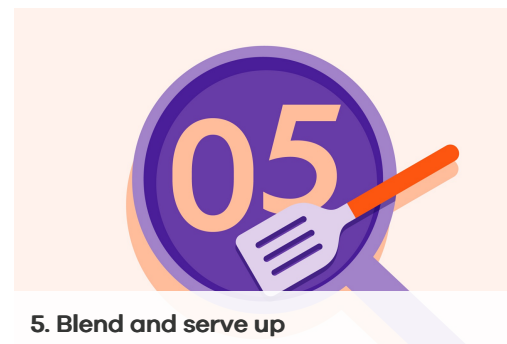
3. Cook leek

Heat **1 tbs olive oil** in a medium saucepan over medium heat. Cook the **leek**, stirring, for 5-7 mins until softened. Transfer **1 tbs leek** to a bowl and reserve for garnishing. Add the **garlic** and **curry paste** to the pan. Cook, stirring, for 1 min or until fragrant.



4. Simmer soup

Add the **pumpkin, sweet potato, stock, coconut milk** and **2 tsp soy sauce** to the pan. Bring to the boil, then reduce the heat to medium-low and cook, covered, for 15-17 mins until the vegetables are tender. Remove the pan from the heat. Meanwhile, coarsely chop the **pepitas**.







5. Blend and serve up

Using a stick blender, blend the **soup** until almost smooth (See Kitchen 101). Add **1 tsp sugar**, then stir over medium heat until hot. Taste, then season with **salt and pepper**. Divide the **pumpkin soup** among bowls. Scatter over the **reserved leek** and **pepitas** and enjoy!



6. Kitchen 101

Prior to chopping, give the pale part of the leek a good rinse under running water to remove any hidden dirt. If using a food processor or blender to puree the soup, cool the soup for 5 mins, then process in batches.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au
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 Packed in Australia
from at least 70%
Australian ingredients