

# Spiced Pumpkin Soup

Try out this new healthy and nutritious spiced pumpkin soup, perfect to use after Halloween so there is no wastage of pumpkin.

 40 Minutes

 Serves 4

 Easy

## INGREDIENTS

**Vegetable oil** 1 tbsp  
**Pumpkin** 800g  
**Banana shallots** x 2  
**Garlic** 1 clove  
**Chilli** ½  
**Curry powder** ½ tsp  
**Ginger** to taste  
**Coconut milk** 400g  
**Vegetable stock** 1 pint

RECIPE FROM

Going for Gold Bristol

AND SHARED BY

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## METHOD

### STEP 1

Heat the oil in a large saucepan and cook the shallots, garlic, chilli and ginger until soft.

### STEP 2

Add the curry powder and cook for a further minute. Add the diced pumpkin flesh, coconut milk and stock.

### STEP 3

Bring to the boil and simmer for 30 minutes or until the pumpkin is soft.

### STEP 4

Ladle into the blender and blend until smooth.



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