

Fragrant butternut pumpkin soup



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Preparation: about 20 minutes

Cooking: about 35 minutes

Serves: 4

The soup thickens on standing, add extra stock if necessary.

- 2 tbs peanut oil
- 2 garlic cloves, finely chopped
- 3 cm piece ginger, finely grated
- 1 Bird's Eye red chilli, deseeded and chopped
- 1.3 kg butternut pumpkin, peeled, deseeded and diced
- 2 fresh kaffir lime leaves (optional)
- 4 cups chicken stock
- ½ cup reduced fat coconut milk
- Salt and ground black pepper
- Coriander leaves, finely sliced red chilli and kaffir lime leaves, to serve

1. Heat oil in a large saucepan over medium heat. Add garlic, ginger and red chilli and cook for 1 minute. Add pumpkin and cook, stirring often, for 5 minutes. Add kaffir lime leaves (if using) and stock. Bring to the boil. Reduce heat to medium-low and cook, stirring occasionally, for 20–25 minutes until pumpkin is tender. Remove kaffir lime leaves.
2. Blend soup until smooth. Stir in coconut milk and season with salt and pepper. Heat, stirring occasionally over low heat until hot. Ladle into serving bowls, top with coriander leaves, kaffir lime leaves and chilli and serve.



Butternut pumpkin

- A good source of beta carotene, which the body converts to vitamin A. The deeper the colour, the higher the content of beta carotene.
- Provides potassium, which helps balance adverse effects of consuming salt.
- A source of vitamin C and dietary fibre, both of which are preserved if making pumpkin soup.