

## THAI STYLE PUMPKIN SOUP

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### Ingredients

1 teaspoon olive oil	1.25 kg pumpkin, peeled and chopped
1 large onion (200g), peeled and chopped	1 litre salt-reduced vegetable stock
2 cloves garlic, crushed	1 1/4 cups water
2 tablespoons Thai red curry paste	1/3 cup chopped coriander
	1/3 cup light coconut milk

1. Heat oil in a large, deep saucepan over a medium-high heat. Add onion and garlic. Stir over heat for 2 minutes, until softened lightly.
2. Add curry paste. Stir over heat a further minute or until fragrant.
3. Add pumpkin, stock and water. Cover and bring to the boil. Reduce heat to a simmer.
4. Simmer, covered for 30 minutes or until pumpkin is soft. Remove from heat. Cool slightly.
5. Process mixture in batches in a food processor or blender until smooth. Return to saucepan.
6. Reheat slightly over low-medium heat. Ladle into serving bowls. Top with a sprinkle of coriander and a swirl of coconut milk (Approx 1TB each).

Adapted from Healthy Kids – An initiative of the NSW Ministry of Health.

