

THAI PUMPKIN SOUP

THAI PUMPKIN SOUP

1 Pumpkin
1 Onions finely chopped
2-4 Cloves Garlic finely chopped
1-2tsp Thai Red Curry Paste (depending on taste)
½ tin Light Coconut Milk
½ Cup Fresh Coriander or Basil
2 Tbsp Honey
1Tbsp Olive Oil
Salt & Pepper to taste



In a large pot fry onions and garlic in oil until nearly cooked through.
Add curry paste and cook until spices are fragrant (1 min).
Add 2 cups of water and coconut milk and simmer.
Chop pumpkin into small pieces and remove skin then add to the pot.
Add all other ingredients and simmer until pumpkin begins to soften.
Use a potato masher if soup is too lumpy or you can also blend this soup if you prefer a smoother texture.
Add any other herbs or spices that you like.