



PUMPKIN SOUP

INGREDIENTS

- 1 tbsp olive oil
- 2 tbsp butter
- 1 large onion, diced
- 700g pumpkin, cut into large chunks
- 450g potato, cut into chunks
- 300g carrots, cut into chunks
- 1 tsp fresh tarragon
- Pinch of nutmeg
- 1/2 tsp ground cumin
- 1/2 tsp ground ginger
- 1/2 tsp ground coriander
- 800ml chicken stock
- 400ml coconut milk
- Juice of 1/2 lemon
- Salt and pepper to taste

DIRECTIONS

1. Heat the olive oil and butter in a stockpot until the butter is foaming, then add the onion and cook until opaque.
 2. Add the pumpkin, carrots and potatoes and sweat over low heat for approx. 10min.
 3. Add tarragon, nutmeg, cumin, ginger and coriander and cook for 1 minute.
 4. Add stock and simmer with lid on until the vegetables are cooked through. Allow to cool slightly.
 5. Blend until smooth. add coconut milk and lemon juice and stir until combined.
- Serves 6.