

Ginger and Pumpkin Soup

Preparation Time: 10 min

Cooking Time: 30 min

Servings: 8

Ingredients

- 1tbsp Extra virgin olive oil
- 2 Red onions, coarsely chopped
- 2tsp Ground cumin
- 2tsp Ground paprika
- 1tsp Ground coriander seed
- ¼tsp Ground cayenne pepper
- 3cm Ginger, peeled and finely grated
- 4 Cloves garlic, crushed
- ½ Butternut pumpkin, peeled and roughly chopped
- 2 Medium carrots, peeled and roughly chopped
- 1cup Red lentils
- 6cups Vegetable stock
- 2 Limes, juiced
- 4tbsp Fish sauce



Method

Heat the oil in a large heavy-based saucepan. Cook the onion over medium heat until softened. Add the ground spices, ginger and garlic and cook for about 1 minute until fragrant.

Add the pumpkin, carrot and lentils and stir to coat with the onion and spice mixture. Add the stock.

Bring to the boil, reduce heat and then simmer for 25 minutes or until the vegetables are tender.

Blend or process the soup until smooth. Add the lime juice and fish sauce.