

Spicy Pumpkin Soup (serves 4)

Ingredients

- 1 tbsp Blue Dragon Red Thai Curry Paste
- 1 tbsp vegetable oil
- 750g pumpkin or squash flesh, either pre-roasted or peeled and chopped
- 1 x 400ml tin of coconut milk
- 1 medium sweet potato peeled and cut into chunks
- 2 cloves of garlic, crushed (optional)
- 1 tsp ground coriander
- 1 tsp cumin
- 600 ml (1pt) chicken stock or veg
- Salt, pepper and sugar to taste
- Crème fraîche or coconut milk to swirl
- Toasted pumpkin seeds to garnish

Method

- 1 In a large saucepan, gently fry the curry paste, oil and spices until they release their aromas.
- 2 Add the pumpkin/squash, sweet potato, garlic (if using), coconut milk and a little of the stock and bring to boil. Reduce heat and simmer for 20 minutes or until the flesh of the pumpkin and potato is tender.
- 3 Use a hand blender or food processor to blitz until smooth. Add salt, pepper and a little sugar to taste.
- 4 Add remaining (or more) stock to achieve required consistency.
- 5 **TIP!** Blend half the soup and then keep the other half with chunks so there is more texture to the soup.
- 6 Serve with a little crème fraîche or a swirl of coconut milk and garnish with toasted pumpkin seeds.

Suitable for home-freezing.

**Ingredients for both recipes are selected from
Priory Farm Shop, Sandy Lane, Nutfield, Surrey RH1 4EJ
To check availability, please ring 01737 822603**