



# UCOOK

## Curried Pumpkin Soup & Crispy Falafel

with cashew nut cream cheese & fresh parsley

A fragrant & creamy curry, ginger and coconut milk soup base is blended with roasted pumpkin. Finished off with a swirl of cashew nut cream cheese, toasted pumpkin seeds, and fresh parsley. Served with crispy falafels for dunking. Get ready to experience pumpkin paradise!

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**Hands-on Time:** 30 minutes

**Overall Time:** 55 minutes

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**Serves:** 3 People


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**Chef:** Rhea Hsu

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 Veggie

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 Creation Wines | Creation Syrah Grenache 2020

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## Ingredients & Prep

750g	Pumpkin Chunks <i>cut into small chunks</i>
1	Onion
15g	Fresh Ginger
12g	Fresh Parsley
15g	Pumpkin Seeds
22,5ml	Curry Spice <i>(15ml Medium Curry Powder &amp; 7,5ml Ground Nutmeg)</i>
300ml	Lite Coconut Milk
9	Nish Nush Falafel Balls
45ml	Cashew Nut Cream Cheese

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Blender  
Paper Towel

**1. GOLDEN PUMPKIN** Preheat the oven to 200°C. Spread out the pumpkin chunks on a roasting tray. Coat in oil and seasoning. Roast in the hot oven for 35-40 minutes until cooked through and crisping up, shifting halfway.

**2. TIME TO PREP** Peel and dice the onion. Peel and grate the ginger. Rinse, pick, and roughly chop the parsley. Set aside.

**3. TOASTY SEEDS** Place the pumpkin seeds in a pan over medium heat. Toast for 3-5 minutes until beginning to pop and turn brown. Remove from the pan and set aside for serving.

**4. SPICED SOUP BASE** When the pumpkin has 5 minutes remaining, boil the kettle. Place a pot over medium heat with a drizzle of oil. When hot, add the diced onion and fry for 2-3 minutes until soft, shifting occasionally. Add the grated ginger and the curry spice and fry for 1 minute until fragrant, shifting constantly. Add 750ml of boiling water. Mix until combined. Add the roasted pumpkin and simmer for 2-3 minutes.

**5. BLEND AWAY!** Pour the pumpkin mixture into a blender and pulse until smooth. Return to the pot and stir through the coconut milk. Return the pot to medium heat and allow the soup to heat through. Add a splash of water if the soup is too thick. Remove from the heat, season (keep in mind the falafels are also salty!), and cover to keep warm.

**6. CRISPY FLAVOUR BOMBS** Return the pan to medium-high heat with enough oil to cover the base. When hot, add the falafel balls and fry for 2-3 minutes per side until golden brown and crispy. Remove from the pan and drain on paper towel.

**7. SOUP'S READY!** Bowl up a generous portion of the curried pumpkin soup. Drizzle over the cashew cream cheese in a swirl pattern. Crumble over the crispy falafel or serve them whole on the side for dunking. Sprinkle over the toasted pumpkin seeds and garnish with the chopped parsley. Beautiful, Chef!

## Nutritional Information

Per 100g

Energy	428kj
Energy	102kcal
Protein	3g
Carbs	11g
of which sugars	2.4g
Fibre	3.1g
Fat	4.7g
of which saturated	2.4g
Sodium	140mg

## Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts

Cook  
within 3  
Days