



# UCCOOK

## Curry-spiced Pumpkin Soup

with buttery pecan nuts

**Hands-on Time:** 25 minutes

**Overall Time:** 45 minutes

**Veggie:** Serves 1 & 2

**Chef:** Ella Nasser

**Wine Pairing:** Waterkloof | False Bay Chardonnay

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 664kJ    | 4933kJ      |
| Energy             | 159kcal  | 1179kcal    |
| Protein            | 4.4g     | 32.8g       |
| Carbs              | 19g      | 140g        |
| of which sugars    | 3.6g     | 26.5g       |
| Fibre              | 2.9g     | 21.6g       |
| Fat                | 7g       | 52.1g       |
| of which saturated | 3.1g     | 23.2g       |
| Sodium             | 288mg    | 2138mg      |

**Allergens:** Cow's Milk, Gluten, Allium, Wheat, Sulphites, Tree Nuts

**Spice Level:** Mild

Eat Within 3 Days

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |                                                                                       |
|----------|------------|---------------------------------------------------------------------------------------|
| 250g     | 500g       | Pumpkin Chunks<br><i>cut into small bite-sized pieces</i>                             |
| 10ml     | 20ml       | Curry Rub<br><i>(5ml [10ml] NOMU Indian Rub &amp; 5ml [10ml] Medium Curry Powder)</i> |
| 5ml      | 10ml       | Dried Thyme                                                                           |
| 5ml      | 10ml       | Ground Cinnamon                                                                       |
| 15g      | 30g        | Pecan Nuts<br><i>finely chop</i>                                                      |
| 1        | 2          | Sourdough Baguette/s                                                                  |
| 10g      | 20g        | Pumpkin Seeds                                                                         |
| 60g      | 120g       | Chickpeas<br><i>drain &amp; rinse</i>                                                 |
| 1        | 1          | Onion<br><i>peel &amp; roughly dice</i>                                               |
| 1        | 1          | Garlic Clove<br><i>peel &amp; grate</i>                                               |
| 10ml     | 20ml       | Vegetable Stock                                                                       |
| 100ml    | 200ml      | Fresh Cream                                                                           |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Water  
Butter  
Sugar/Sweetener/Honey  
Blender  
Tinfoil  
Seasoning (salt & pepper)

**1. GOLDEN PUMPKIN** Preheat the oven to 200°C. Spread the pumpkin on a roasting tray. Coat in oil, the curry rub (to taste), and seasoning. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

**2. BUTTER + BAGUETTE = YES** In a bowl, combine 25g [50g] of butter, the thyme, the cinnamon, 10ml [20ml] of sweetener, and the pecan nuts. Cut 4 horizontal incisions along the top of the baguette/s - don't cut all the way through! Smear each incision with the loaded butter. Wrap the stuffed baguette in tinfoil, place on a baking tray, and pop in the hot oven until warmed through, 8-10 minutes. In the final 3-5 minutes, remove the tinfoil and bake until crisp.

**3. SEEDS** Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

**4. CHICK TO THE PEA** Place a pot (with a lid) over medium-high heat with a drizzle of oil. When hot, toast the chickpeas until golden and crispy, 6-8 minutes (shifting occasionally). If they start to pop out, use a lid to rein them in. Remove from the pan and season.

**5. SOUP BASE** When the pumpkin has 5 minutes remaining, boil the kettle. Return the pot to medium heat with a drizzle of oil. Fry the onion until golden, 6-8 minutes (shifting occasionally). Add the garlic and fry until fragrant, 30-60 seconds (shifting constantly). Add the vegetable stock, and 200ml [400ml] of boiling water. Mix through the roasted pumpkin and simmer, 2-3 minutes.

**6. BLEND BABY, BLEND!** Pour the pumpkin mixture into a blender and pulse until smooth. Return to the pot, season and stir through 3/4 of the cream. Heat for 1-2 minutes if needed before serving.

**7. SPICY SOUP SUPPER!** Bowl up a helping of the spiced pumpkin soup. Drizzle over the remaining cream. Scatter over the crispy chickpeas and the pumpkin seeds. Serve with the cinnamon butter baguette on the side for dunking. Scrumptious, Chef!