



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 <i>cut into small bite-sized pieces</i>
10ml	20ml	Curry Rub <i>(5ml [10ml] NOMU Indian Rub & 5ml [10ml] Medium Curry Powder)</i>
5ml	10ml	Dried Thyme
5ml	10ml	Ground Cinnamon
15g	30g	Pecan Nuts <i>finely chop</i>
1	2	Sourdough Baguette/s
10g	20g	Pumpkin Seeds
60g	120g	Chickpeas <i>drain & rinse</i>
1	1	Onion <i>peel & roughly dice</i>
1	1	Garlic Clove <i>peel & 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 + BAGUETTES = 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 baguettes 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!