



UCOOK

Vegetarian Spiced Pumpkin Soup

**with crispy chickpeas, a poppadom &
yoghurt**

This soup is made with golden roasted pumpkin, sautéed onions, ginger, and curry spices. Simmered with coconut milk and blended until smooth, it's then topped with crispy chickpeas, sliced chives, and pumpkin seeds. To take it to the next level, we've added a crispy poppadom and a dollop of yoghurt.

Hands-on Time: 35 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Ella Nasser

Carb Conscious

Laborie Estate | Laborie Chenin Blanc 2023

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Ingredients & Prep

1kg	Pumpkin Chunks <i>cut into bite-sized pieces</i>
240g	Chickpeas <i>drain & rinse</i>
2	Onions <i>peel & roughly dice</i>
40g	Fresh Ginger
40ml	Curry Spice <i>(20ml Medium Curry Powder & 20ml NOMU Indian Rub)</i>
400ml	Coconut Milk
4	Poppadoms
125ml	Greek Yoghurt
20g	Pumpkin Seeds
10g	Fresh Chives <i>rinse & finely chop</i>

From Your Kitchen

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

1. PUMPKIN PATCH Preheat the oven to 200°C. Spread the pumpkin pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 35-40 minutes (shifting halfway).

2. CRISPY BITS Place a pan over medium-high heat with a drizzle of oil. When hot, toast the drained chickpeas until golden and crispy, 12-15 minutes (shifting occasionally). Remove from the pan and season.

3. SOUPER HERO 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 until golden, 4-5 minutes (shifting occasionally). Add the grated ginger and the curry spice and fry until fragrant, 1-2 minutes (shifting constantly). Add 600ml of boiling water. Mix until combined. Add the roasted pumpkin and simmer for 3-4 minutes.

4. RICH & CREAMY Pour the pumpkin mixture into a blender and pulse until smooth. Return to the pot and stir through the coconut milk. Return to a medium heat until the soup is heated through. Add a splash of water if the soup is too thick. Remove from the heat, season, and cover to keep warm.

5. POP IN THE POPPADOMS Heat the poppadoms one at a time in the microwave until puffed up and crisp, 30-40 seconds. Alternatively, return the pan to a medium-high heat with enough oil to cover the base. When hot, shallow fry the poppadoms, about 30 seconds per side. As soon as it starts to curl, use tongs to flip it over and flatten it out. Keep flipping and flattening until golden and puffed up.

6. VOILA! Bowl up the pumpkin soup. Drizzle over the yoghurt. Sprinkle over the sliced chives, the crispy chickpeas, and the pumpkin seeds. Serve with the poppadoms.



Chef's Tip

Air fryer method: Coat the pumpkin pieces in oil and season. Air fry at 200°C until crispy, 15-20 minutes. To toast the pumpkin seeds: place them in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally).

Nutritional Information

Per 100g

Energy	338kj
Energy	81kcal
Protein	2.8g
Carbs	10g
of which sugars	3g
Fibre	2.5g
Fat	2.7g
of which saturated	2g
Sodium	71mg

Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts, Cow's Milk

Eat
Within
3 Days