



UCOOK

Pumpkin Soup & Black Tahini

with toasted ciabattini slices

This Cape Malay curry pumpkin soup is the perfect dish for a spooky celebration! Pumpkin pieces are oven-roasted and blended together with curry-spiced onions, carrots, celery, garlic, veggie stock, and orange juice. Once it is lush & velvety, the soup is bowled up, drizzled with black tahini, and garnished with toasted walnuts & fresh parsley.


Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Morgan Offen

 Veggie

 Waterford Estate | Waterford Old Vine Chenin Blanc

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Ingredients & Prep

250g	Pumpkin Chunks <i>rinsed & cut into small bite-sized pieces</i>
15g	Walnuts <i>roughly chopped</i>
1	Onion <i>½ peeled & roughly diced</i>
120g	Carrot <i>rinsed, trimmed, peeled & roughly diced</i>
1	Celery Stalk <i>rinsed & roughly sliced</i>
1	Garlic Clove <i>peeled & grated</i>
15ml	Spice & All Things Nice Cape Malay Curry Paste
1	Orange <i>rinsed, ½ zested & cut into wedges</i>
10ml	Vegetable Stock
10ml	Black Tahini
1	Ciabattini <i>cut into 1-2 cm thick slices</i>
3g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. ROAST THE PUMPKIN Preheat the oven to 200°C. Spread the pumpkin pieces on a roasting tray. Coat in oil and seasoning. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

2. TOASTED WALNUTS Place the chopped walnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. ALL THE AROMATICS When the pumpkin has 10 minutes remaining, boil the kettle. Place a pot over medium heat with a drizzle of oil. When hot, fry the diced onion, the diced carrot, and the sliced celery until beginning to brown, 6-8 minutes (shifting occasionally). Add the grated garlic and the curry paste (to taste), and fry until fragrant, 1-2 minutes (shifting constantly). Mix through 300ml boiling water, the juice from 2 orange wedges, the orange zest (to taste), and the stock. Stir in the roasted pumpkin pieces and simmer, 2-3 minutes.

4. SMOOTH OPERATOR Pour the pumpkin mixture into a blender and pulse until smooth. Return to the pot, place over a 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, and cover.

5. TOUCH OF TAHINI Place the tahini into a small bowl and loosen with water in 5ml increments until drizzling consistency. Set aside.

6. GOLDEN CIABATTINI Spread butter (optional) or oil over the ciabattini slices. Return the pan to medium heat. When hot, toast the slices until golden, 1-2 minutes.

7. ALL DONE! Bowl up a hearty helping of the pumpkin soup and drizzle with the tahini. Garnish with the toasted walnuts and the chopped parsley. Serve the toasted bread on the side for dipping. Tuck in, Chef!

Nutritional Information

Per 100g

Energy	413kJ
Energy	99kcal
Protein	2.9g
Carbs	17g
of which sugars	5.1g
Fibre	2.4g
Fat	2.3g
of which saturated	0.3g
Sodium	124mg

Allergens

Egg, Gluten, Dairy, Allium, Sesame, Wheat, Sulphites, Tree Nuts

Cook
within 3
Days