



UCOOK

Curry-spiced Pumpkin Soup

with a pecan & cinnamon-buttered baguette

Pumpkin is roasted until golden, before being cooked with garlic, onion, and curry powder for some real flavour. Once ready, it is blitzed until smooth before being swirled with fresh cream. It is served with a thyme, pecan nut, and cinnamon butter baguette, which is baked until crisp and then dunked into this divine soup.

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Ella Nasser

 Veggie

 Paul Cluver | Village Chardonnay 2023

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Ingredients & Prep

250g	Pumpkin Chunks <i>cut into small bite-sized pieces</i>
10ml	Curry Rub <i>(5ml NOMU Indian Rub & 5ml Medium Curry Powder)</i>
5ml	Dried Thyme
5ml	Ground Cinnamon
15g	Pecan Nuts <i>finely chop</i>
1	Sourdough Baguette
10g	Pumpkin Seeds
60g	Chickpeas <i>drain & rinse</i>
1	Onion <i>peel & roughly dice ½</i>
1	Garlic Clove <i>peel & grate</i>
10ml	Vegetable Stock
100ml	Fresh Cream

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter
Sugar/Sweetener/Honey
Blender
Tinfoil

1. GOLDEN PUMPKIN Preheat the oven to 200°C. Spread the pumpkin pieces 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).

2. BUTTER + BAGUETTE = YES In a bowl, combine 25g of butter, the dried thyme, the cinnamon, 10ml of sweetener, and the chopped pecan nuts. Cut 4 horizontal incisions along the top of the baguette - 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 drained 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. When hot, fry the diced onion until golden, 6-8 minutes (shifting occasionally). Add the grated garlic and fry until fragrant, 30 seconds - 1 minute (shifting constantly). Add the vegetable stock and 200ml 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 fresh 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!

Nutritional Information

Per 100g

Energy	730kj
Energy	174kcal
Protein	4.8g
Carbs	20g
of which sugars	3.5g
Fibre	3g
Fat	8.3g
of which saturated	3.8g
Sodium	314mg

Allergens

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

Eat
within 3
Days