



UCOOK

Curried Pumpkin Soup & Crispy Falafel

with cashew nut cream cheese & fresh parsley

A fragrant & creamy curry, ginger and coconut milk soup base is blended with roasted pumpkin. Finished off with a swirl of cashew nut cream cheese, toasted pumpkin seeds, and fresh parsley. Served with crispy falafels for dunking. Get ready to experience pumpkin paradise!

Hands-on Time: 15 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Veggie

 Creation Wines | Creation Syrah Grenache 2020

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Ingredients & Prep

250g	Pumpkin Chunks <i>cut into small chunks</i>
1	Onion
5g	Fresh Ginger
4g	Fresh Parsley
5g	Pumpkin Seeds
7,5ml	Curry Spice <i>(5ml Medium Curry Powder & 2,5ml Ground Nutmeg)</i>
100ml	Lite Coconut Milk
3	Nish Nush Falafel Balls
15ml	Cashew Nut Cream Cheese

From Your Kitchen

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

1. GOLDEN PUMPKIN Preheat the oven to 200°C. Spread out the pumpkin chunks on a roasting tray. Coat in oil and seasoning. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

2. TIME TO PREP Peel and dice ½ of the onion. Peel and grate the ginger. Rinse, pick, and roughly chop the parsley. Set aside.

3. TOASTY SEEDS Place the pumpkin seeds in a pan over medium heat. Toast for 3-5 minutes until beginning to pop and turn brown. Remove from the pan and set aside for serving.

4. SPICED SOUP BASE 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 for 2-3 minutes until soft, shifting occasionally. Add the grated ginger and the curry spice and fry for 1 minute until fragrant, shifting constantly. Add 250ml of boiling water. Mix until combined. Add the roasted pumpkin and simmer for 2-3 minutes.

5. BLEND AWAY! Pour the pumpkin mixture into a blender and pulse until smooth. Return to the pot and stir through the coconut milk. Return the pot to 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 (keep in mind the falafels are also salty!), and cover to keep warm.

6. CRISPY FLAVOUR BOMBS Return the pan to medium-high heat with enough oil to cover the base. When hot, add the falafel balls and fry for 2-3 minutes per side until golden brown and crispy. Remove from the pan and drain on paper towel.

7. SOUP'S READY! Bowl up a generous portion of the curried pumpkin soup. Drizzle over the cashew cream cheese in a swirl pattern. Crumble over the crispy falafel or serve them whole on the side for dunking. Sprinkle over the toasted pumpkin seeds and garnish with the chopped parsley. Beautiful, Chef!

Nutritional Information

Per 100g

Energy	428kJ
Energy	102kcal
Protein	3g
Carbs	11g
of which sugars	2.4g
Fibre	3.1g
Fat	4.7g
of which saturated	2.4g
Sodium	140mg

Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts

Cook
within 3
Days