



UCCOOK

Vegetarian Spiced Pumpkin Soup

with crispy chickpeas & a poppadom

Hands-on Time: 30 minutes

Overall Time: 50 minutes

***New Calorie Conscious:** Serves 3 & 4

Chef: Ella Nasser

Wine Pairing: Laborie Estate | Laborie Chenin Blanc

Nutritional Info	Per 100g	Per Portion
Energy	341kJ	2050kJ
Energy	81kcal	490kcal
Protein	0.5g	15.2g
Carbs	11g	68g
of which sugars	3g	19g
Fibre	3g	16g
Fat	2.6g	15.8g
of which saturated	1.9g	11.5g
Sodium	70.1mg	422mg

Allergens: Gluten, Allium, Wheat, Sulphites

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3 [Serves 4]

750g		Pumpkin Chucks <i>cut into bite-sized pieces</i>
180g	240g	Chickpeas <i>drain & rinse</i>
2	2	Onions <i>peel & roughly dice 1½ [2]</i>
1	400g	Leeks <i>trim at the base, cut in half lengthways, rinse & roughly chop</i>
30g	40g	Fresh Ginger <i>peel & grate</i>
30ml	40ml	Curry Spice <i>(15ml [20ml] Medium Curry Powder & 15ml [20ml] NOMU Indian Rub)</i>
300ml	400ml	Coconut Milk
3	4	Poppadoms
8g	10g	Fresh Parsley <i>rinse & finely chop</i>
15g	20g	Pumpkin Seeds

From Your Kitchen

Water
Blender
Seasoning (salt & pepper)
Cooking Spray

1. PUMPKIN PATCH Preheat the oven to 200°C. Spread the pumpkin on a roasting tray. Lightly add cooking spray and season. Roast in the hot oven until golden, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. CRISPY BITS Place a pan over medium-high heat and lightly add cooking spray. When hot, toast the 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 and lightly add cooking spray. When hot, add the onion, the leeks, and fry until golden, 3-4 minutes (shifting occasionally). Add the ginger and the curry spice and fry until fragrant, 1-2 minutes (shifting constantly). Add 450ml [600ml] of boiling water. Mix until combined. Add the roasted pumpkin and simmer for 2-3 minutes.

4. RICH & CREAMY Pour the pumpkin mixture into a blender and pulse until smooth. Return to the pot and stir through ½ 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 in the microwave until puffed up and crisp, 30-40 seconds. Alternatively, air-fry the poppadoms at 180°C until crispy, 3-4 minutes.

6. VOILA! Bowl up the pumpkin soup. Drizzle over the remaining coconut milk. Sprinkle over the parsley, the chickpeas, and the pumpkin seeds. Serve with the poppadoms.