



UCCOOK

Vegetarian Spiced Pumpkin Soup

with crispy chickpeas & a poppadom

Hands-on Time: 25 minutes

Overall Time: 45 minutes

***New Calorie Conscious:** Serves 1 & 2

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 1	[Serves 2]	
250g	500g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
60g	120g	Chickpeas <i>drain & rinse</i>
1	1	Onion <i>peel & roughly dice ½ [1]</i>
100g	200g	Leeks <i>trim at the base, cut in half lengthways, rinse & roughly chop</i>
10g	20g	Fresh Ginger <i>peel & grate</i>
10ml	20ml	Curry Spice <i>(5ml [10ml] Medium Curry Powder & 5ml [10ml] NOMU Indian Rub)</i>
100ml	200ml	Coconut Milk
1	2	Poppadom/s
3g	5g	Fresh Parsley <i>rinse & finely chop</i>
5g	10g	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, 30-35 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 150ml [300ml] 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 POPPADOM Heat the poppadom/s in the microwave until puffed up and crisp, 30-40 seconds. Alternatively, air-fry the poppadom/s 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 poppadom/s.