

PUMPKIN SOUP

BEST FOR

Morning Detox Drink

Breakfast

Lunch

Mid-Meal

Dinner

An Occasional Treat

This pumpkin soup ticks all the boxes! Its rich, creamy and ultimately satisfying. The rosemary thyme combine to create a unique flavour, which you may have never experienced before.

INGREDIENTS

SERVES 2, MAKES 1200 ml

Soup Base

- ½ kg red pumpkin, with peel
- 3 cups coconut milk
- 2 tablespoons fresh thyme or 2 teaspoons dry thyme
- 1 sprig fresh rosemary or ½ teaspoon dry rosemary
- 1 tablespoon rock salt
- ½ small green chili, chopped

Toppings

- 2 tablespoons pumpkin seeds
- ½ red bell pepper, cut into strips
- ¼ small coconut, cut into strips

PRE-PREPARATION

Prepare coconut milk as mentioned on page 40.

METHOD

1. Chop the pumpkin into chunks. Do not take the peel off. Add it to a steamer and let it steam for about 20 minutes, until soft.
2. Once the pumpkin has cooled, place it in a blender, along with the coconut milk, thyme, rosemary, salt and chili. Blend until smooth.
3. Pour the soup into bowls, add the toppings from above and serve.

Tip Do not re-heat the soup because we should never cook coconut or coconut milk on the stove.

Tip Make sure you add rosemary and thyme to this soup, since they carry all the flavour. In case fresh is not available, use their dried versions.