

# Pumpkin Recipes



*This Thai pumpkin soup is an easy autumn warmer. It's a great way to use up the flesh from carved Halloween pumpkins.*

## Thai Pumpkin Soup



### Ingredients:

1 small to medium pumpkin, peeled, deseeded and chopped  
1 onion, sliced  
1 can coconut milk  
500ml vegetable stock  
1 tablespoon grated ginger

1 tablespoon grated ginger  
3 tablespoons Thai red curry paste (adjust to taste)  
Lime juice for seasoning (optional)  
2 tablespoons vegetable oil  
Pinch of salt and black pepper to season

### Method:

Step 1: Toss pumpkin or squash in a roasting tin with 1 tablespoon of oil and roast for 30 minutes until golden and tender

Step 2: Put remaining oil in a saucepan with the onion and ginger, cook on a medium heat for a few minutes until softened.

Step 3: Stir in the curry paste for 1 min, followed by the roasted pumpkin and all but 3 tablespoons of the coconut milk.

Step 4: Bring to a simmer and cook for 5 min, then blitz with a stick blender until smooth. Return to the pan to heat through, season with salt and pepper, and optional lime juice.

Step 5: Serve drizzled with the remaining coconut milk and toasted pumpkin seeds if you have them.

