

# Roast Pumpkin & Coconut Soup

Bialik College Kitchen Garden Program

## Ingredients:

- 2kg pumpkin, peeled, deseeded and cut into 1cm dice
- 4 tablespoons coconut oil
- 2 teaspoons sea salt
- 2 brown onions, finely diced
- 2 cloves garlic, finely diced
- 1 teaspoon ginger, grated
- 1 teaspoon cumin seed
- 1 teaspoon coriander seed
- 2 litres vegetable stock
- 2 cups coconut milk

## Equipment:

- metric measuring spoons/cups
- large bowl
- baking tray
- large saucepan
- mortar & pestle
- stick blender

## Method:

1. Preheat oven to 200C.
2. Place diced pumpkin in a large bowl and add 2 tablespoons of coconut oil and salt. Toss well and place on a baking tray covered with baking paper.
3. Bake for about 30 minutes, or until light in colour and is soft.
4. Place a large saucepan over medium heat, add 2 tablespoons of coconut oil, add onions and cook until softened and translucent.
5. Dry fry coriander and cumin seeds till fragrant and then grind in a mortar & pestle.
6. Add garlic, ginger and spices to the onions. Mix and cook for 2 minutes.
7. Add pumpkin and vegetable stock and bring to the boil.
8. Simmer for 20 minutes allowing the flavours to infuse.
9. Add coconut milk and warm through.
10. Remove from heat and use a stick blender to process soup to a thick, smooth consistency.

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11. Season with salt/pepper.