

Pumpkin and Sweet Potato Soup

Bialik College Kitchen Garden Program



Ingredients:

- 1 tablespoon olive oil
- 1 brown onion, diced
- 2 cloves garlic, peeled and minced
- 3-4cm piece of ginger, peeled and grated
- 1kg pumpkin, peeled and diced into 2cm cubes
- 2 sweet potatoes, peeled and chopped into 2cm cubes
- 5 cups of Massel 'chicken style' stock
- 400mL can of coconut milk
- 1 lime, juiced
- Handful of fresh coriander, roughly chopped
- ¼ cup pumpkin seeds, dry toasted
- Salt and pepper, to taste

Equipment:

- Metric measuring scales, cups and spoons
- Chopping board
- Chef's knife
- Measuring jug
- Large saucepan/stock pot
- Wooden spoon
- Garlic mincer
- Microplane grater
- Citrus juicer
- Hand Blender (*ADULT USE ONLY*)**

Method:

1. Prepare all ingredients as stated in the ingredients list above.
2. Heat the olive oil in a large saucepan and add the chopped onion. Cook onions on low/medium heat for 5 minutes until softened.
3. Once the onions have started to soften, add the garlic and ginger and cook for another 2-3 minutes.
4. Next, add the cubed pumpkin and sweet potato. Stir well and cook for another 5 minutes. Season with salt and pepper.
5. Add the stock, bring to a gentle simmer, and cook on low heat for 15-20 minutes or until pumpkin and sweet potato pieces are tender and cooked through.
6. Stir in the coconut milk and continue to simmer on a low heat. Once the pumpkin and sweet potato are cooked through, turn the heat off and add the chopped coriander leaves (save some for serving).
7. Blitz thoroughly using a hand blender (***ADULT USE ONLY!***) until smooth. Add the lime juice to taste (start with half and add more in you wish). Adjust the seasoning and serve with fresh coriander and toasted pumpkin seeds.