



SOUPS

SPICY PUMPKIN SOUP

INGREDIENTS

- 600g squash or pumpkin
- 2-3 garlic cloves
- 5 cm ginger - grated
- 1 onion
- 1 leek
- 2 carrots
- 1tsp cayenne pepper
- 1tsp curry powder
- 1tsp turmeric powder
- 3 Tbsp olive oil
- salt & pepper

PREPARATION

1. Prepare all the ingredients, peel the squash and carrots and cut into chunks.
2. Heat olive oil in a big pan, add onion, leek, garlic, ginger and sauté until soft and fragrant. Add squash, carrots and spices and stir to cover all the chunks with oil and spices. Sauté stirring constantly for 2-3min.
3. Cover with water up to the top, bring it to boil, then lower the heat and let it simmer for about 15-20min.
4. When all the veggies are soft and breaking easily, remove it from the heat and blend the mixture into a smooth cream.
5. Serve topped with pumpkin seeds or fresh cilantro and freeze some portions for later.