

# Emma's PUMPKIN SOUP WITH GINGER AND CHILLI



## Ingredients-

Serves 6

2 onions  
2 cloves garlic- crushed  
4 cm piece of ginger- grated  
1 teaspoon grated ginger  
One fresh chilli  
½ teaspoon turmeric  
½ teaspoon nutmeg  
200ml coconut milk  
2 litres of vegetable stock  
1 tablespoon olive oil/ rice bran oil  
Salt and pepper

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## WHAT TO DO

### CUTTING

1. Cut the pumpkin into cubes or in thin slices
2. Cut the onion into small pieces (diced)
3. Now crush the garlic and grate the ginger.
4. Cut the Thai basil or coriander and finely chop the chili

### MEASURING

1. Measure spices into a bowl
2. Mix and measure stock into a measuring jug
3. Open the coconut milk

### COOKING

1. Get a large pot put a dash of oil, put on a medium heat
2. Add in the onion and cook, turning with a wooden spoon, until brown
3. Add the ginger, garlic, basil, oil and some salt and pepper and the 2 drops of hot sauce. Leave a little coriander or basil to garnish.
4. Now add all the spices and the pumpkin
5. Mix up the vegetable stock and pour this in
6. Now add the pumpkin and the chilli sauce
7. Boil for 20- 25 minutes until both the sweet potato and pumpkin are soft (the sweet potato will take longer)
8. Leave to cool for 5 minutes and add the coconut milk

### WHIZZING AND SERVING

1. Plug in a hand blender and thoroughly whiz through all lumps in your tasty soup and serve with a chopped coriander or Thai basil