



Pumpkin Soup

Made with Life's Good Red Curry Paste

1 tbs oil

1 medium red onion chopped

3 cloves garlic finely chopped

300 grams bacon or chicken (optional) chopped

3 tablespoons Life's Good Red Curry Paste

Approx. 750g pumpkin cubed then roasted

1 tsp minced ginger

½ tsp ground nutmeg

1 ltr chicken or vegetable stock

400ml coconut milk or cream

Fresh coriander to garnish

Heat oil & once hot add onion, garlic & bacon or chicken (optional).
Once cooked add Life's Good Red Curry Paste & fry until fragrant.
Stir in roasted pumpkin cubes, ginger, nutmeg, stock & coconut milk &
simmer for 1 hour. Puree soup with a stick blender or just lightly mash
pumpkin cubes depending on your taste. Garnish with fresh coriander and
cracked pepper and serve with warm crusty bread or hot toast.

Yum !

