

# Spiced pumpkin soup

By Tony Singh

BBC  
RADIO



## Ingredients

1 tbsp vegetable oil  
1 onion, chopped  
3 Cloves of Garlic chopped  
1 level tsp Garam Masala  
1 level tsp Cumin  
1/4 tsp chilli powder  
1lt vegetable stock  
1 can coconut milk  
750g grated Pumpkin  
Handful coriander, roughly chopped



Prep Time: 15 mins  
Cooking Time: 20 mins  
Serves: 6

## Method

1. Heat the oil in a deep saucepan, then soften the onion for 4-5 mins add garlic and cook for 5 mins.
2. Stir in the spices and cook for 1 min more until fragrant.
3. Add the grated pumpkin and cook covered for 3-4 mins.
4. Then add the stock, bring quickly to the boil, simmering until the pumpkin is tender.
5. Remove the soup from the heat, stir in the coconut and seasoning, then cool briefly before whizzing with a stick blender until smooth.
6. Sprinkle with coriander and serve .