

PUMPKIN SOUP WITH COCONUT MILK

Ingredients

1 butternut pumpkin (or equivalent amount of another pumpkin), seeded, peeled and chopped

4 large carrots, peeled and chopped

1 leek washed and sliced

1 onion

1 clove of garlic, pressed.

2cm piece of ginger root, peeled and grated

2 bay leaves

Enough water to just cover vegetables

½ tin of coconut milk

Small pinch of nutmeg (optional)

Butter and oil

Method

Soften onion, ginger and garlic in some butter and oil.

Place all other ingredients except coconut milk and nutmeg in saucepan. Bring to the boil and then simmer on a low heat until carrots and pumpkin are soft.

Remove bay leaf. Puree the soup until vegetables are smooth. Adjust seasoning. Add coconut milk and nutmeg. Reheat before serving but do not boil.

