



Mariya's Pumpkin Soup

Ingredients

400 g pumpkin
50 g shallots
1 chilli pod
150 g carrots
70 g potatoes
50 g ginger
1 lime
500 ml coconut milk
500 ml vegetable or chicken broth
1 teaspoon of salt

Preparation

Peel the pumpkin, carrots and potatoes and cut into small cubes. Cut the chilli pod into fine stripes. Cut the shallots and ginger finely and sauté in sunflower oil. Add the cut pumpkin, carrots and potatoes. Add the coconut milk and broth and season with salt. Then add the chilli.

Simmer over medium heat until all ingredients are soft. Puree the soup in a blender and add the lime juice and zest. Bring the soup to a boil briefly and serve garnished with a spoonful of coconut milk and fresh herbs.