

Spicy Pumpkin Soup

(Gluten-Free & Dairy-Free)

This creamy, flavourful spicy pumpkin soup is the perfect autumn comfort dish! Made with warming spices, a rich stock base, and a velvety texture, it's both nourishing and delicious. Serve it with crusty gluten free bread or a swirl of coconut cream for a satisfying meal.

Servings: 4-6

Prep Time: 10 minutes

Cook Time: 30 minutes

Ingredients:

- 1 tablespoon olive oil or butter
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 1-inch piece ginger, grated
- 1 tablespoon mild curry powder
- 1 teaspoon ground cumin
- ½ teaspoon ground turmeric
- ½ teaspoon smoked paprika (optional, for depth of flavour)
- 1 kg (2 lbs) pumpkin, peeled, deseeded, and chopped
- 2 medium carrots, chopped
- 4 cups (1 litre) chicken or vegetable stock
- 1 cup coconut milk (or cream for extra richness)
- Salt and pepper to taste
- 1 tablespoon lemon or lime juice (to brighten flavours)

Optional Garnishes:

- Swirl of coconut cream
- Chopped fresh coriander
- Toasted pumpkin seeds
- Chilli flakes for heat

Instructions:

1. Sauté the Aromatics
2. Heat olive oil or butter in a large pot over medium heat. Add the onion and cook for 3-4 minutes until softened. Stir in garlic and ginger, cooking for another minute until fragrant.
3. Add the Spices
4. Sprinkle in curry powder, cumin, turmeric, and smoked paprika. Stir for 30 seconds to toast the spices and enhance their flavour.
5. Simmer the Soup
6. Add the chopped pumpkin and carrots, stirring to coat with the spice mixture. Pour in the stock and bring to a boil. Reduce heat and let it simmer for 20-25 minutes until the vegetables are tender.
7. Blend Until Smooth
8. Use a stick blender to puree the soup directly in the pot, or transfer it in batches to a blender. Blend until smooth and creamy.
9. Add Final Touches
10. Stir in coconut milk, season with salt and pepper, and squeeze in lemon or lime juice for a fresh, bright finish.
11. Serve and Enjoy
12. Ladle into bowls, garnish as desired, and enjoy this nourishing bowl of goodness.

5-Star Tips:

- Roast the pumpkin before adding it to the soup for a deeper caramelised flavour.
- For extra protein, add cooked lentils or shredded chicken.
- Spice it up! Add a pinch of cayenne or fresh chilli for heat.
- Make it ahead – This soup stores well in the fridge for up to 4 days or freezes beautifully for up to 3 months.