

Free Recipe

A perfect dish for chilly winter nights or a meal for one.



SPICED PUMPKIN SOUP

with Prawns & Basil

Ingredients

- 1 TABLESPOON VEGETABLE OIL
- 500 MLS COCONUT MILK
- 1 TABLESPOON RED CURRY PASTE
- 500 MLS CHICKEN STOCK
- 4 CUPS CHOPPED PUMPKIN
- 1 TABLESPOON FISH SAUCE
- 1 TABLESPOON PALM SUGAR
- 16 GREEN KING PRAWNS,
shelled, deveined, heads removed
- ½ CUP LOOSELY PACKED THAI BASIL
- 3 KAFFIR LIME LEAVES, FINELY SHREDDED

METHOD

In saucepan, heat vegetable oil with quarter cup coconut milk. Add curry paste, stir over low heat for 5 minutes.

Add pumpkin, chicken stock, simmer until pumpkin is cooked. Puree in blender, transfer to saucepan, season with palm sugar and fish sauce.

Add prawns, simmer until just cooked, about 1 minute. Stir in Thai basil and remaining coconut milk.

Divide between 4 bowls, allowing 4 prawns per person, garnish with shredded kaffir lime leaves.