

PUMPKIN *to warm up* SOUP

YOU NEED:

- 1 small hokkaido pumpkin
- 2 tablespoons of coconut oil
- 2 cups of coconut milk for cooking
 - 3 cups of vegetable soup base
 - 1 tablespoon of soy sauce
- 2 tablespoons of **Ironberry ginger maple syrup**
 - ½ tablespoon of curcuma
- ½ teaspoon of smoked paprika
 - ½ pinch of cinnamon
- ½ teaspoon of crushed coriander seeds
 - 2 lime leaves (dry or fresh)
 - 1 stem of lemon grass



Wash the pumpkin, **cut it** in half and **carve out** the seeds. **Cut it** into pieces (do not peel it) and **mix it** with spices and coconut oil. **Top it** with a spoonful of maple syrup.

Put the pumpkin pieces onto a baking tray covered with baking paper. **Bake** until soft at 200 °C.

Boil the vegetable soup base together with the coconut milk, lime leaves and lemon-grass stem. **Add** the baked pumpkin. **Cook** for a few minutes and **remove** the lemon-grass stem and lime leaves. **Top** with soy sauce and **Ironberry ginger maple syrup**. **Mix** until smooth.

Serve with roasted pumpkin, peeled hemp seeds or croutons.

ADVICE

Heat the oven to 200 °C.
Makes 4 full plates.

