



## Pumpkin soup ( H )

Serving: 3

Veg

### *Ingredients*

- 500 grams pumpkin chopped
- 3 cups coconut milk
- half tsp pepper corn
- 2 tsp thyme
- 2 tsp rock salt
- 1 small green chili chopped
- 1 tbsp pumpkin seeds to garnish

### *Preparation Method*

- firstly steam pumpkin cubes in a steamer for 20 minutes
- Let the pumpkin cool for sometime , than dd them in blender along with 3 cups coconut milk
- than add thyme , rock salt , green chili , blend all together till smooth consistency
- Take it in big bowl , garnish with pumpkin seeds and soup is ready to serve .