

# Curtis Stone's red curry butternut pumpkin soup

- Dairy-free
- Egg-free
- Gluten-free
- Lactose-free
- Peanut-free
- Sesame-free
- Shellfish-free
- Seafood-free
- No added sugar
- Vegan
- Vegetarian
- High in Dietary Fibre
- 4+ serve Veg or Fruit
- **Weight loss**

Made with five flavourful ingredients, Curtis' spiced pumpkin soup makes for a creamy and comforting light meal.

- Serves: 4, as a light meal
- Cooktime 30 mins
- Preptime 10 mins, (+ cooling time)



## Ingredients

- 2 tbs vegetable oil
- 1 1/2 tbs red curry paste
- 400ml can coconut milk, divided
- 1.4kg butternut pumpkin, peeled, seeded, chopped
- 2 cups (500ml) salt-reduced chicken stock

## Nutritional information

Per serve: Energy: 1512kJ/362, Cals (17%), Protein: 8g (16%), Fat: 26g (37%), Sat Fat: 13g (54%), Sodium 633mg (32%), Carb: 23g (7%), Sugar: 18g (20%), Dietary Fibre: 5g (17%).

Check ingredient labels to make sure they meet your specific dietary requirements and always consult a health professional before changing your diet. View dietary information [here](#).

Percentage Daily Intake information on our recipes is calculated using the nutrition reference values for an average Australian adult.

## Method

### 1. Step 1

Heat a saucepan over medium heat. Add the oil and curry paste and cook, stirring, for 1 min or until aromatic.

### 2. Step 2

Reserve 2 tbs coconut milk. Add the pumpkin, stock and remaining coconut milk to the pan. Season. Cover and gently simmer for 30 mins or until the pumpkin is tender. Cool slightly.

### 3. Step 3

Use a stick blender to carefully blend pumpkin mixture until smooth. Season.

### 4. Step 4

Divide the soup among serving bowls and drizzle with reserved coconut milk to serve.