

martha
&
MARLEY SPOON



Pumpkin Soup with Toasted Flatbread

30 minutes



serves 2 adults and 2 children

As winter approaches, we're simmering up some warmly spiced soups like it was our job. Oh wait, it IS our job. For this one we combined pumpkin purée, curry powder, onion, and ginger to make a creamy base for tender red lentils. A dollop of yogurt and some roasted cashews make it taste great and look pretty while toasted naan is the perfect vehicle for scraping the bottom of the bowl. Cook, relax, and enjoy!

Read through the whole recipe before you start—we promise it's worth your while!

Rinse and dry all produce before using.

For recipes containing garlic, you'll find one head of garlic in your box. If there's any extra, use it for whatever you'd like!

What we send

- 1 large yellow onion
- 1½ oz fresh ginger
- 2 packets vegetable broth concentrate
- 1 Tbsp curry powder
- 15 oz can pumpkin purée
- ¾ cup red lentils
- 1 lime
- 2 pieces naan
- 1 container Greek yogurt
- 1½ oz roasted salted cashews
- ½ oz fresh cilantro

What you need

- olive oil
- coarse salt
- freshly ground black pepper
- sugar

Tools

- box grater
- zester or microplane
- medium pot



1. Prepare vegetables

Halve **onion** and discard skin. Working over a plate, grate **onion** using the large holes of a box grater, all the way to the root. Peel **ginger** and finely grate using the fine holes of a box grater or a microplane.



4. Add lentils

When soup is simmering, add **lentils** and continue to simmer, stirring occasionally, until **lentils** are tender, about 15 minutes. Halve **lime** and squeeze half into soup. Season to taste with **salt**, **pepper**, and a pinch of **sugar**.



2. Sauté aromatics

Heat 2 tablespoons **oil** in a medium pot over medium-high. Add **grated onion** and any accumulated juices, **ginger**, and 1½ teaspoons **salt**. Cook, stirring, until aromatic and starting to stick to bottom of pot, about 3 minutes. In a medium bowl, whisk **vegetable broth concentrate** with 2 cups **warm water** to dissolve.



5. Warm naan

Preheat broiler with rack in top position. Broil **naan** directly on rack, flipping once, until heated through, about 1 minute (watch closely as broilers vary widely). Whisk 2-3 tablespoons water into **yogurt** to loosen and season with a pinch of **salt**. Roughly chop **cashews**. Pick **cilantro** leaves and tender stems from sprigs.



3. Build soup

Add **curry powder** and cook, stirring constantly, about 30 seconds. Whisk in **pumpkin purée** until evenly incorporated, then whisk in **vegetable broth** and 3 cups **water**. Season with ¾ teaspoon **salt** and bring to a simmer.



6. Serve

Just before serving, thin soup with a little **water** if necessary and season with more **lime juice** if desired. Serve soup topped with a spoonful of **yogurt**, a sprinkle of **cashews** and **cilantro**, and a drizzle of **olive oil**. Serve warm **naan** alongside for dipping. Enjoy!