



DietaryHawk

Thai pumpkin, ginger and coconut soup

Ingredients: (Serves 4)

¼ Cup olive oil
1.2kg Butternut pumpkin flesh, peeled and cut into 2cm dice
3 Stalks lemongrass, finely sliced
1 Brown onion, finely diced
½ Bunch coriander roots and stems, sliced
Matchbox-sized piece of ginger, skin removed, roughly chopped
5 Cloves garlic, sliced
1 Long red chillis, sliced
Salt and pepper, to taste
400g Can coconut milk
1L vegetable stock
6 Kaffir lime leaves (optional)

Method:

1. Heat oil in a large stockpot. Add pumpkin and cook for 5-6 minutes or until golden brown. Add lemongrass, onion, coriander, ginger, garlic, chilli, salt and pepper. Once the onion has softened, add coconut milk, vegetable stock and kaffir lime leaves if using.
2. Simmer the soup until the pumpkin is soft. Remove kaffir lime leaves, then puree soup in a blender in batches until smooth. Serve immediately.



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Dietary Requirement	Problem Ingredient/s	Suggested Substitution/s
Nut allergy	-	-
Cow's milk allergy	-	-
Egg allergy	-	-
Fish allergy	-	-
Shellfish allergy	-	-
Sesame allergy	-	-
Soybean allergy	-	-
Wheat allergy	-	-
Lupin allergy	-	-
Coeliac Disease	-	-
Gluten intolerant	-	-
Lactose intolerant	-	-
Low FODMAP	Brown onion, garlic.	Carrot (1 medium, diced), garlic infused olive oil (1 Tbsp.).
Vegetarian	-	-
Pescatarian	-	-
Vegan	-	-

This dietary requirement matrix is intended as a guide only.
Always check the ingredients list and allergen labelling of packaged products.