

Thai Kumara, Pumpkin & Lentil Soup

Serves 2

Ingredients

1 small	Kumara
¼ small	Butternut pumpkin
1 Small	Onion
1 T	Vegetable oil
¼ cup	Dried red lentils
½ can (125g)	Crushed or chopped tomatoes
1 t	Garlic (minced)
1 t	Red curry paste
½ can (125g)	Lite coconut milk
350 ml	Boiling water
Salt and pepper to taste	
Small handful of chopped herbs to garnish	



Method

Peel and cut kumara, pumpkin and onion into small chunks.

In a large saucepan sauté onion, garlic, lentils and curry paste in the oil.

Add tomato, kumara, pumpkin and water. Simmer gently for approximately 30 minutes or until the lentils and vegetables are soft.

Remove from heat and puree using a stick blender (or mash with potato masher). Check seasoning and add salt to taste.

Stir through coconut milk. Garnish with herbs and serve warm.

Tips: Serve with croutons or toasted pita bread.

Use the leftover coconut milk in the chia seed puddings (refer sweet treats section) and tomatoes in a meat stew or pasta sauce.