

Pumpkin and ginger soup with tangled cord

Ingredients

1 Hokkaido pumpkin
1 large onion
1 piece of ginger (approx 3 cm)
400 ml coconut milk
1 orange
1 teaspoon vegetable stock
(on approx 200 ml of water)
Pepper, salt & paprika powder
parsley



45 min.



4 persons



moderate

For frying

3 tbsp sesame or coconut oil

Add-ons

Sour cream
Zucchini
Chili threads

Tools

Large cutting board
1 small and 1 large knife
Hand blender
Larger saucepan
Citrus press
Cup
Wooden spoon

Preparation

Peel the ginger and onions and cut into small pieces. Put the oil in the pan and heat it up. Fry the two ingredients in it until the onions are lightly browned.

Halve the pumpkin, remove the seeds with a large spoon and cut the pumpkin into pieces. Then put the pumpkin in the saucepan and fry lightly for a few minutes.

Then prepare the vegetable broth (e.g. in a cup) and add it to the saucepan. Then add enough water to cover the pumpkin. Cook everything for about 15 minutes until soft.

Then turn the soup into a homogeneous liquid with a hand blender. Add the coconut milk and the freshly squeezed orange juice and bring it to a boil. Then season the soup with pepper, salt and paprika powder. If necessary, add freshly chopped parsley.

Use a spiral cutter or vegetable peeler to cut the zucchini into a „cord“ shape. Pour the soup into bowls, add the cream and the zucchini and chili threads.

