



# Pumpkin Lentil Soup



2 servings



15 minutes

## INGREDIENTS

- 2 tbsp extra virgin olive oil
- 1 brown onion, diced
- 2 cloves garlic, sliced
- $\frac{1}{4}$  tsp Turmeric powder
- 550g kent/jap pumpkin, skin removed & cubed
- 1 cup sweet potato, peeled & cubed
- 2 carrots, peeled & sliced
- $\frac{1}{2}$  cup red split lentils, rinsed & picked
- 4 cups vegetable stock
- $\frac{1}{4}$  cup coconut cream

To serve:

- 2 tbsp coconut cream
- 4 tbsp dukkah
- 4 slices sourdough, or bread of choice

## NOTES

Rinse red lentils under cold running water until the water runs clear and strain to remove any debris or excess starch.

Coconut cream adds a rich, creamy taste and a touch of nourishing fats - Optional

A beautiful source of beta-carotene, high-fibre plant protein, antioxidants and nourishing spices.

## DIRECTIONS

1. Heat the olive oil in a large saucepan or crockpot over a medium heat.
2. Add the onion and garlic cloves and sauté for 4-5 minutes or until the onion has softened.
3. Add the pumpkin, carrot, sweet potato, red split lentils and vegetable stock. Season with black pepper and turmeric. Bring to a boil and then reduce the heat to a simmer. Simmer for 20 minutes or until the vegetables are cooked through and soft.
4. Remove from the heat, stir coconut cream through and carefully blend hot liquid using a stick blender or food processor.
5. Ladle into serving bowls and top with a swirl of coconut cream, a drizzle of extra virgin olive oil and a sprinkle of dukkah. Serve with toasted sourdough or bread of choice.

Time to cook: 25 minutes