



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
- 350g 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 tsp 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

My Wellness Whisk