

Less than 30 minutes

Serves 4

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Ingredients:

- Olive oil
- 1 packet (300g) leeks (or 2 onions), sliced
- 2 cloves garlic, chopped
- 3cm knob fresh ginger, grated
- 2 tsp (10ml) ground cumin
- 2 packets (1kg each) butternut chunks
- 2 cups (500ml) vegetable stock
- 1 can (400ml) coconut cream (regular cream or milk work well too)
- Salt and milled pepper
- ½ cup (125ml) pumpkin seeds (sunflower seeds or almond flakes work well too)
- 1 tsp (5ml) cumin seeds
- Toasted bread, for serving (optional)

Method:

1. Heat a glug of oil in a pan and sauté leeks (or onions) until soft, 5-8 minutes.
2. Add garlic, ginger and cumin, and fry for another minute.
3. Tip in butternut and stock, cover and simmer for 20 minutes, or until soft.
4. Add coconut cream and blitz with a stick blender until smooth. Season well.
5. Heat another glug of oil in a small pan and toast pumpkin and cumin seeds until they begin to pop. Season.
6. Serve soup topped with toasted seeds and the oil from the pan, and with toasted bread, if you like.