Less than 30 minutes Serves 4 Share with friends Share on facebook Share on twitter Share on pinterest Share on whatsapp Share on email 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
- <sup>1</sup>/<sub>2</sub> 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.