

**Recipe Name:** Thai Pumpkin Soup With Red Curry Paste Recipe

**Diet Type:** Vegetarian

**Course:** Appetizer

**Cuisine:** Thai

**Quantity:**



## Ingredients

| Ingredient                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Quantity |
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| <ul style="list-style-type: none"><li>• 1 cup Kaddu (Parangikai/ Pumpkin) - diced</li><li>• 2 tablespoons Thai Red Curry Paste</li><li>• 1 cup Coconut milk - thick</li><li>• 2 cups Vegetable stock</li><li>• 1 teaspoon Black pepper powder</li><li>• 1 tablespoon Coconut milk - to garnish</li><li>• 2 tablespoons Extra Virgin Olive Oil - extra virgin</li><li>• Salt - to taste</li><li>• 1 Thai Red chilli (Birds Eye Chilli) - for garnish</li><li>• Coriander (Dhania) Leaves - for garnishing</li><li>• 3/4 Onion - chopped</li><li>• 1 Lemongrass</li><li>• 10 Fresh Red chillies - soaked in warm water for 10 minutes</li><li>• 4 cloves Garlic - roughly chopped</li><li>• 1 inch Ginger - or galangal</li><li>• 1 tablespoon Cumin seeds (Jeera)</li><li>• 1/2 teaspoon White pepper powder</li><li>• Salt - to taste</li><li>• 1 tablespoon Lemon juice</li></ul> | 4        |

## Preparation

- For the Red Thai Curry Paste: To prepare Thai Pumpkin Soup With Red Curry Paste Recipe, prepare the Red Thai Curry paste recipe.
- Use as required or store refrigerated for further use.
- If you find the paste too thick, add a little more coconut milk to help blend ingredients.



- For the Roasted Pumpkins: Add a little olive oil in a pan and add the chopped pumpkin along with salt, chilli powder and a pinch of turmeric powder.
- Roast them till they are soft.
- Cool and grind to a paste.
- Heat the remaining Olive oil in a large sauce pan and cook the curry paste for one minute or until it becomes fragrant.
- Add the vegetable stock along with the pumpkin puree and bring it to a boil.
- Add salt and pepper powder along with the coconut milk.
- Stir well and cook for further 5 more minutes.
- Stir in the lime juice and strain the soup for a smooth texture.
- Pour Thai Pumpkin Soup With Red Curry Paste Recipe into serving bowls.
- Swirl in some coconut milk and garnish with pepper powder, red chillies and fresh coriander leaves.
- Serve with Vegetarian Pad Thai Recipe for wholesome and comforting meal.

## Macronutrients

| Calories (kcal) | Protein (g) | Carbs (g) | Fat (g) | Fiber (g) | Sugar (g) |
|-----------------|-------------|-----------|---------|-----------|-----------|
|-----------------|-------------|-----------|---------|-----------|-----------|

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