



Spicy Pumpkin Soup with Coconut Cream

By Ninja Kitchen (Picture by Dorry)

Ingredients

1 kg Pumpkin (2lb 3.2oz), cut in small pieces

1 Onion, chopped

3 Stalks Leek, chopped

1 Chicken Stock (best homemade)

400 ml Coconut Cream (1.7 cups)

3 Cloves of Garlic

1 Bunch(es) Coriander with roots

4 Chilies

1 Tbsp Oil (I prefer Coconut Oil)

1 Lime, juiced

Salt, Black Pepper, Ground Chili Powder

Method

Chop chilies, coriander leaves, coriander roots, ginger and garlic and fry in hot oil.

Add onion, leek, and pumpkin and fry for a few minutes, and then add chicken stock. Season with salt, black pepper and chili powder. Add coconut cream and simmer for about 30 minutes.

Puree the soup, add lime juice and season to taste. Garnish with some coriander leaves and some chili flakes, and serve hot.

The Balanced Body Center

(704) 849-9393 www.knowbalance.com