

# Recipe of the Week

## Spicy Pumpkin Soup

### Ingredients

1 Garlic Clove  
3cm piece of fresh Ginger  
1 Onion  
1 Leek  
30g Olive/ Avocado Oil  
2tsp Cinnamon  
1tsp Nutmeg  
1Tbsp Cumin seeds  
1Tbsp Coriander Powder  
700g Pumpkin, peeled and cut into 2cm chunks  
1 Large Potato  
700g Vegetable stock  
120g Cream



### Method

- Place garlic, ginger, onion and leek into TM bowl and chop for 5sec/speed 5
- Scrape down sides and add oil, cinnamon, nutmeg, cumin and coriander to TM and sauté for 5min/Varoma/speed 1
- Add pumpkin, potato and stock and simmer for 20mins/100°C/speed 1
- Blend from speed 1 -10 for 40seconds
- Add the cream and heat through for 2 mins/100°C/speed 1
- Serve with warm crusty bread



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