

Ingredients

Serves 10 - 40

	10 SERVES	20 SERVES	40 SERVES
Pumpkin	2.5 kg	5 kg	10 kg
Red onion, peeled	3	6	12
Extra virgin olive oil	2 tbsp	4 tbsp	8 tbsp
Tom Yum Paste	2 tbsp	4 tbsp	8 tbsp
Fish Sauce	2 tbsp	4 tbsp	8 tbsp
Brown Sugar	1 tbsp	2 tbsp	4 tbsp
Water	1.5 L	3 L	6 L
Coconut Cream (to serve)	400 ml	800 ml	1600 ml
Parsley / coriander, finely chopped (to serve)	1 tbsp	2 tbsp	4 tbsp



Method

1. Pre-heat oven to 180° c
2. Cut the pumpkin in half and together with the onions, rub with olive oil and season with salt and pepper. Roast in the oven for 1 hour or until cooked.
3. Once cool, scoop out the pumpkin flesh and set aside.
4. Add olive oil to a large saucepan over medium heat. Add the Tom Yum paste and cook for a minute.
5. Add the pumpkin flesh, onion, fish sauce, water and sugar and bring to a simmer. Cook for 20 minutes.
6. Take the soup off the heat and puree until smooth.
7. Serve with coconut cream and finely chopped herbs.

Nutrition, hints and tips

- **Tom Yum is a paste that originated in Thailand. It is made from lemon grass, kaffir lime leaves, galangal, lime juice, fish sauce and chilli. It can be found in supermarkets and Asian grocers. It is a great way to transform pumpkin soup!**

- **Coconut cream is a great way to add flavour and boost the kilojoule content of the soup. It provides approximately 300 kJ per tablespoon.**