



MAGGI Pumpkin Soup

Ingredients

- g MAGGI coconut milk powder
- g Pumpkin
- g Onion
- g Garlic
- cups Lemon grass
- g Potato
- g Chopped Carrots
- mg Curry Leaves
- g Cumin powder
- g Flour
- g Butter
- g Coriander leaves
- mL Water
- oz Beets, cooked, boiled. drained, with salt

Instructions

1. In a medium saucepan, heat butter over medium heat. Add onion, garlic, pumpkin, carrots, potato, curry leaves, cumin seed, lemongrass and cook, stirring, for about 2-3 minutes.
2. Add flour, coriander leaves and cook for another minute, stirring, stock or water. Add 1 sachet MAGGI Coconut Milk powder, mix well and bring to the boil, then reduce to a simmer.
3. Remove from heat and carefully blend using an immersion blender.
4. If needed, heat again over low heat to warm through.
5. Add salt to taste and garnish with thick coconut cream.

Nutrition

Carbohydrates	17.57 g
Energy	160.49 kcal
Fats	9.91 g
Fiber	1.55 g
Protein	2.72 g
Sodium	72.59 mg
Sugars	72.59 mg

21 Minutes

6 portions