

Roasted Pumpkin Cumin Ginger Turmeric Soup with Shredded Tofu and Tahini and Coconut Yoghurt



Serves 6 (Size 464g)

Energy: 1415Kj (337Kcal), protein: 20g, total fat: 20g, saturated fat: 3g, carbohydrate: 15g, dietary fibre: 12g, sodium: 100mg per 100g

Ingredients

- Olive oil x 1.5 tablespoons
- Garlic x 4 cloves
- Ginger x 30g or around 3 – 4 cm piece
- Turmeric x 30g or 2 – 3 teaspoons if a fresh a 4cm piece
- Cumin ground or seeds x 2 tablespoons
- Pumpkin baked 1kg - 1.5kg raw pumpkin will yield around 1kg baked
- Vegetable stock (low sodium) x 3 cups or 750ml
- Marmite Yeast Extract x 6 teaspoons or 30g
- Nutritional yeast flakes x 6 teaspoons
- Tahini x 50g or 1 – 2 tablespoons
- Tofu firm x 600g (shredded)
- Parsley x 1 cup or a good handful (chopped)

For more information visit:

www.nero4me.com



- Spring onions 1 bunch
- Stock or water x 1 - 2 cups
- Coconut Yoghurt x 6 tablespoons for garnishing
- Pepper to taste

Method

1. Peel and dice the pumpkin into approximately 3cm cubes
2. Place pumpkin onto a baking tray and bake for around 20-30 minutes on moderate heat oven 165c/329f
3. While the pumpkin is baking, roughly chop the garlic, ginger and fresh turmeric set aside
4. Shred the firm tofu and set aside
5. Slice up the spring onions and parsley and set aside, you need to reserve some aside for garnish
6. Once the pumpkin is done, set aside until needed
7. With a 7 litre pot over low heat, add olive oil and saute the garlic being careful not to brown
8. Add the ginger and turmeric pieces (if using fresh turmeric. If not, add in the next step)
9. Add the cumin and turmeric powder, stir until fragrant
10. * **Note** Stir continually making sure the pot contents don't burn because it will make the soup very bitter and will need to start again
11. Add the baked pumpkin
12. Pour in the vegetable stock and cook until simmering and cook for further 10 minutes
13. Add the marmite and nutritional yeast flakes and stir
14. Add the tahini and make sure it is stirred well and avoid any tahini lumps
15. Take the pot off the heat and puree the content with a stick blender
16. You may need to add a bit more liquid to get your desired consistency
17. Add in most of the chives but reserve some aside for garnish
18. Add in the parsley, but you can use some for garnish
19. Add in all of the shredded tofu and stir in well
20. When serving the soup, dollop a tablespoon of the coconut yoghurt and garnish with chives, parsley and sprinkle with pepper

For more information visit:

www.nero4me.com

