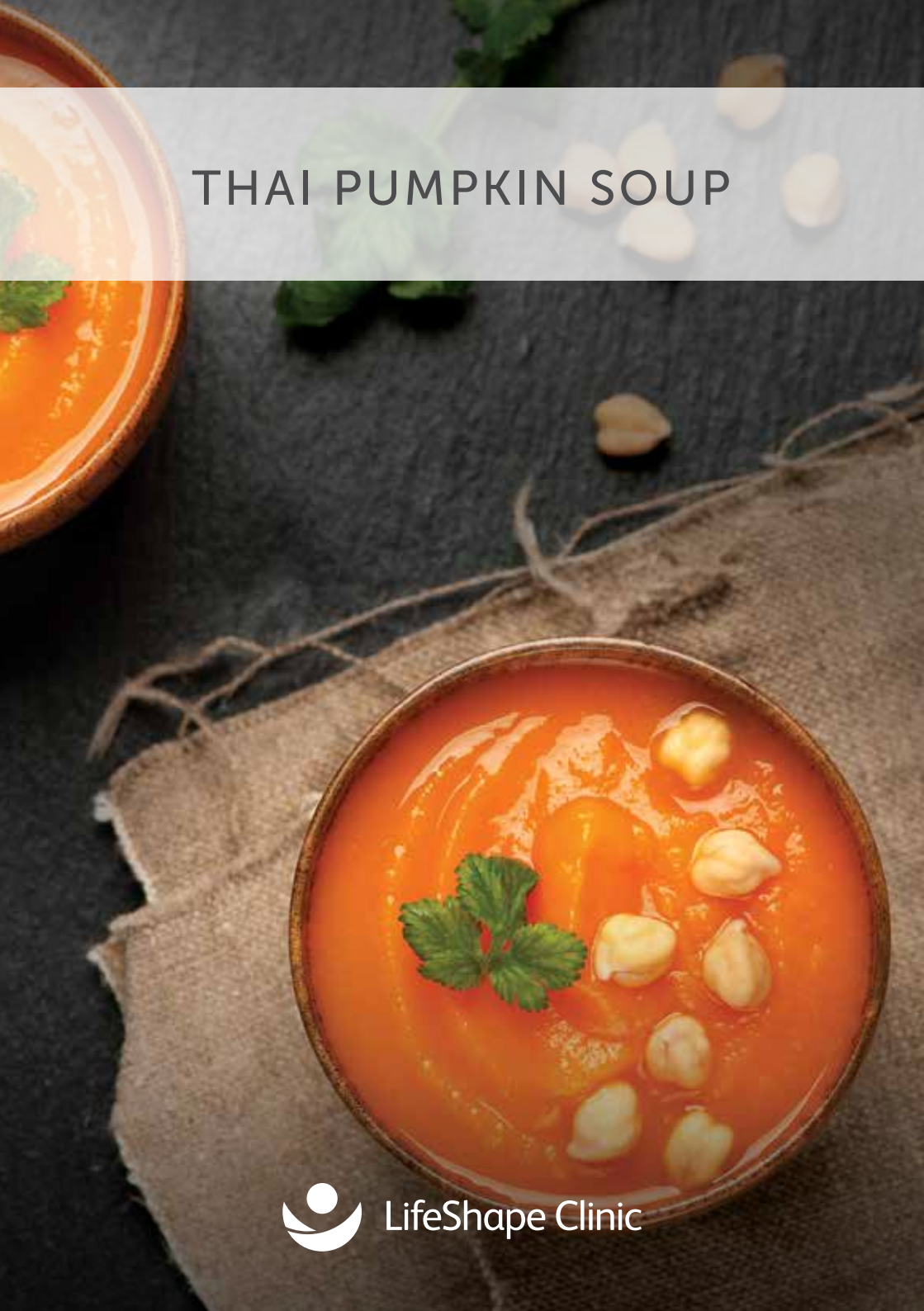


THAI PUMPKIN SOUP



LifeShape Clinic

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INGREDIENTS (SERVES 6)

1kg butternut, peeled, deseeded, chopped into 3cm pieces

Olive oil spray

Salt flakes and freshly milled pepper

1 tablespoon of extra virgin olive oil

2 small brown onions, finely sliced

1 garlic clove, crushed

2 bay leaves

1L water

2 tablespoons red curry paste

400g can chickpeas (drained)

375mL can light and creamy coconut flavoured evaporated milk

Fresh coriander or parsley to garnish

METHOD

1. Preheat oven to 180°C. Place chopped pumpkin onto a baking tray and spray with olive oil. Bake for approximately 30-40 minutes or until the pumpkin is tender.
2. Heat a large saucepan over medium heat. Add olive oil, onions, garlic, bay leaves, salt, pepper and curry paste. Cook, stirring for 1-2 minutes. Add chickpeas and 1L water. Bring to the boil.
3. Stir in evaporated milk and pumpkin. Cook for 5 minutes. Remove from heat. Puree using a hand blender or food processor. Serve garnished with coriander or parsley.

Nutrition Guide

PER SERVE

Energy (cal)	391cal
Protein	9.3g
Fat	26.2g
Saturated Fat	7.3g
Carbohydrate	25.7g
Sugar	13g
Sodium	598mg

1200

RECIPE VARIATION

Lunch Requirement: 270 - 300 cal

Meets Requirements: No

Recommendations: Increase serves to 8. Reduce olive oil to 1 teaspoon in recipe.

Total Meal Calories: 273 cal

1500

Lunch requirement: 370 - 400 cal

Meets requirements: Yes

Total meal calories: 391 cal

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