



## Immunity Boosting Miso Pumpkin Soup

with Fried Ginger & Roasted Kale



30-40min



2 Servings

This pumpkin soup is savory and warming—and it's chock-full of good-for-you ingredients! Pumpkin purée full of fiber and vitamins C and E. We pair it with nutty miso paste, onions, sweet potatoes, and ginger for a soup with anti-inflammatory and antioxidant benefits (plus these nutritious ingredients add a ton of flavor!). Crispy kale, fried ginger, and sesame seed on top gives this hearty soup a delightful crunch.

## What we send

- 1 medium yellow onion
- 1 sweet potato
- garlic
- 1 oz fresh ginger
- 2 pkts miso paste <sup>6</sup>
- ¼ oz ground cumin
- 15 oz can pumpkin purée
- 1 bunch curly kale
- ¼ oz fresh cilantro
- ¼ oz mixed sesame seeds <sup>11</sup>

## What you need

- olive oil
- kosher salt & ground pepper
- apple cider vinegar (or white wine vinegar)

## Tools

- microwave
- medium pot
- rimmed baking sheet
- immersion blender

## Cooking tip

If you don't have an immersion blender, transfer soup to a blender in batches and blend until smooth. Keep the blender lid ajar and cover with a kitchen towel to keep hot liquid from splashing.

## Allergens

Soy (6), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 520kcal, Fat 25g, Carbs 60g, Protein 11g



### 1. Prep ingredients

Halve and thinly slice **all of the onion**. Peel **sweet potato**, then cut into ½-inch pieces. Finely chop **2 teaspoons garlic**. Peel **ginger**; finely chop 1 teaspoon and thinly slice remaining ginger into matchsticks.

In a liquid measuring cup, whisk to combine **all of the miso paste** with **3½ cups hot tap water**. Set miso mixture aside until step 4.



### 4. Cook potatoes

To pot with **onions**, stir in **miso mixture** and bring to a simmer. Stir in **pumpkin purée** and return to a simmer. Add **sweet potatoes**; cover, reduce heat to low, and cook, stirring occasionally, until potatoes are tender, about 15 minutes.



### 2. Fry ginger

In a small microwave-safe bowl, combine **ginger matchsticks** with just enough **oil** to cover (about 4 tablespoons). Microwave until ginger is crisp and just starting to brown, 2-4 minutes (watch closely). Transfer ginger to paper towel-lined plate to drain. Reserve **ginger oil** for step 3.



### 5. Broil kale

Preheat broiler with a rack in the upper third. Remove and discard stems from **kale leaves**; tear leaves into 1-inch pieces. Transfer kale to a rimmed baking sheet; use your hand to massage with **1 tablespoon oil**, season with **salt** and **pepper**, and spread kale to an even layer. Broil on upper oven rack until tender and crisp in spots, about 5 minutes (watch closely as broilers vary).



### 3. Sauté aromatics

Heat **1 tablespoon of the reserved ginger oil** in a medium pot over medium-high. Add **onions** and a **pinch each of salt and pepper**. Cook, stirring occasionally, until tender and translucent, 5-7 minutes. Add **chopped ginger and garlic** and **½ teaspoon cumin** (or more to taste). Cook, stirring, until fragrant, about 1 minute.



### 6. Blend & serve

Purée **soup** with an immersion blender until smooth. Keep warm over low heat. Stir in **½ teaspoon vinegar** and season to taste with **salt** and **pepper**. Pick **cilantro leaves**; discard stems. Spoon **soup** into bowls and garnish with **sesame seeds**, **fried ginger**, and **whole cilantro leaves** and **some of the crispy kale**. Serving **remaining crispy kale** alongside. Enjoy!