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Pumpkin Soup

with Toasted Flatbread



20-30min



2 Servings

As winter approaches, we're simmering up some warmly spiced soups like it was our job. Oh wait, it IS our job. For this one we combined a can of pumpkin, curry powder, onion, and ginger to make a creamy base for tender red lentils. A dollop of yogurt and some roasted salted cashews make it taste great and look pretty while Hot Bread Kitchen's naan is the perfect vehicle for scraping the bottom ...

What we send

- fresh cilantro
- lime
- fresh ginger
- packet vegetable broth
- medium yellow onion
- curry powder
- can pumpkin
- red lentils

What you need

- coarse salt
- freshly ground black pepper
- olive oil
- sugar

Tools

- box grater
- medium saucepan

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 725.0kcal



1. Prepare vegetables

Halve onion and discard skin. Working over a plate, grate onion all the way to the root using the large holes of a box grater. Peel ginger and finely grate using the fine holes of a box grater or a microplane. In a small bowl, whisk vegetable broth concentrate with 1 cup warm water to dissolve.



4. Add lentils

When soup is simmering, add red lentils and continue to simmer, stirring occasionally, until lentils are tender, about 15 minutes. Halve lime and squeeze half into soup. Season to taste with salt, pepper, and a pinch of sugar.



2. Sauté aromatics

Heat 1 tablespoon oil in a medium pot over medium-high. Add grated onion and any accumulated juices, ginger, and 1 teaspoon salt. Cook, stirring, until aromatic and starting to stick to bottom of pot, about 3 minutes.



5. Warm naan

Preheat broiler with rack in top position. Broil naan directly on rack, flipping once, until heated through, about 1 minute (watch closely as broilers vary widely). Whisk 2-3 tablespoons water into yogurt to loosen and season with a pinch of salt. Roughly chop cashews. Pick leaves and tender stems from cilantro.



3. Build soup

Add curry powder and cook, stirring constantly until combined, about 30 seconds. Whisk in pumpkin purée until evenly incorporated, then whisk in prepared broth and 2½ cups water. Season with ½ teaspoon salt and several grinds pepper and bring to a simmer.



6. Serve

Just before serving, thin soup with a little water if necessary and season with more lime juice if desired. Serve soup topped with a spoonful of yogurt, a sprinkle of cashews and cilantro, and a drizzle of olive oil. Serve warm naan alongside for dipping. Enjoy!