

Thai Vegetable Soup

Equipment	Ingredients
Large saucepan & spoon	½ tablespoon vege oil
Chopping boards & knives	1 tablespoon Thai green curry paste
Measuring cups & spoons	1 large carrot, grated
Vegetable peeler	1 onion, finely chopped
Grater	1 ½ cups diced peeled pumpkin
Food processor	3 cups vegetable stock
	2 tablespoons soy sauce
	½ teaspoon brown sugar
	½ cup coconut milk

How TO MAKE IT:

- 1 Place oil in a large saucepan over a high heat. Add the Thai green curry paste and stir fry for 1 minute.
- 2 Add pumpkin, carrot and onion and stir fry for 2-3 minutes. Add stock, bring to the boil, reduce heat and simmer until vegetables are just cooked.
- 3 Stir in soy sauce, sugar and coconut milk.
- 4 Place some of the mixture in a food processor to blend until smooth. Continue this process until all of your soup is blended.
- 5 Heat through and serve.

