

## **VEGAN PUMPKIN SOUP WITH ROASTED PEPPER CHUTNEY**

### **Ingredients**

300 grams red pumpkin, peeled  
1 medium onion, sliced  
1 teaspoon finely chopped garlic  
2 teaspoons oil  
Rock salt to taste  
1-inch lemon grass stalk  
¼ cup coconut milk  
Crushed black peppercorns to taste

### **Roasted Pepper Chutney**

2 medium red capsicums, roasted  
2 medium tomatoes, roasted  
5-6 roasted walnuts  
5-6 garlic cloves, roasted  
1 tbsps jaggery, grated  
½ teaspoon salt  
1 teaspoon red chilli flakes

### **Method**

1. Heat oil in a pan, add garlic and, sliced onion and sauté well. Add rock salt and mix well.
2. Add cut pumpkin and mix well. Add 1½ cups water, mix and cover and cook for 20-25 minutes or till the pumpkin softens.
3. Add lemon grass, mix, cover and cook for 4-5 minutes. Take the pan off the heat.
4. Transfer the mixture into a blender jar and blend till smooth. Transfer into another pan and place it back on the heat.
5. Add ¾ cup water and let it come to a boil. Add coconut milk, and crushed black peppercorns and mix well. Cook on low heat for 1 minute, take the pan off the heat.
6. Add peppers, tomatoes, walnuts, garlic and jaggery to a blender jar, and blend to a coarse mixture. Add salt and chilli flakes, and mix well.
7. Transfer a portion of the prepared chutney to a serving bowl, pour the soup on it and serve hot.