



Thai Pumpkin Soup
with Sautéed
Shrimp
Serves 4

2 large pie pumpkins - makes 2 cups of puree
1 tablespoon of coconut oil
4 cloves of garlic
1 tablespoons of red curry paste
2 cups of vegetable stock
2 tablespoons of lime juice + zest for garnish
2 tablespoons of brown sugar
1 can of coconut milk
Salt and Pepper to taste
2 tablespoons of cilantro
6 Thai basil leafs + more for garnish
12 Large Shrimp, peeled and deveined
1 Serrano red pepper - sliced

Equipment:

sheet pan
food processor or blender
large pot
knife cutting board
large Saute pan

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Pumpkin Puree:

Step 1: Preheat oven to 400°

Step 2: Slice pumpkin in half and scoop out seeds

Step 3: Place pumpkins on sheet pan and cook for 30 minutes until knife can easily be inserted into pumpkin. Allow to cool and scoop out pumpkin and place in food processor.

Step 4: Blend pumpkin 30 seconds or until smooth

~ Can be made ahead and kept in fridge for 5 days

Pumpkin Curry:

Step 1: Heat a large pot over medium heat and add coconut oil

Step 2: Add garlic and cook 10 seconds, be careful not to burn

Step 3: Add curry paste and stir for 15 seconds

Step 4: Pour in vegetable stock, coconut milk, lime juice and brown sugar.

Step 5: Stir together and simmer until hot, mix in Thai basil leaves

Garnish with Thai basil, cilantro, Serrano peppers, lime zest

Shrimp:

Step 1: Heat 2 tablespoons of coconut oil over medium high heat.

Step 2: Season shrimp with salt and pepper

Step 3: Cook shrimp 1 min on each side

Enjoy!

