

Pumpkin soup with Caramelised Pumpkin Seeds

Total time **60 mins 20 mins** preparation time **40 mins** cooking time

INGREDIENTS

4 portion(s)

1 tsp

500 g Hokkaido, or other type of pumpkin or squash 3 onions, roughly chopped rapeseed oil 3 tbsp tomato puree 1 tsp 250 ml apple juice vegetable stock 350 g 4 tbsp Kikkoman Naturally **Brewed Soy Sauce** 3 pinch sugar lemon (juice) 2 pinch pink pepper

80 g pumpkin seeds

honey

0.5 bunch coriander, leaves only

4 tbsp coconut milk

PREPARATION

Step 1

Cut the pumpkin in half, remove the seeds and cut into small pieces. Peel and roughly cut the onions. Sweat both in a saucepan with rapeseed oil for about 15 minutes. Add tomato puree and sweat for a couple more minutes.

Step 2

Pour in the apple juice and vegetable stock, then season with 3 tbsp Kikkoman soy sauce, 1 pinch of sugar, lemon juice and pink pepper. Cover and simmer for another 20 minutes.

Step 3

In the meantime, dissolve 2 pinches of sugar and honey in a pan on a low heat. Add the pumpkin seeds and caramelise with 1 tbsp Kikkoman soy sauce.

Step 4

Blend the soup finely and serve in deep plates. Garnish with caramelised pumpkin seeds, drizzle of coconut milk and coriander.