

Pumpkin soup with Caramelised Pumpkin Seeds

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

INGREDIENTS

4 portion(s)

| | |
|------------------|--|
| 500 g | Hokkaido, or other type of pumpkin or squash |
| 3 | onions, roughly chopped |
| 3 tbsp | rapeseed oil |
| 1 tsp | tomato puree |
| 250 ml | apple juice |
| 350 g | vegetable stock |
| 4 tbsp | Kikkoman Naturally Brewed Soy Sauce |
| 3 pinch | sugar |
| 1 | lemon (juice) |
| 2 pinch | pink pepper |
| 1 tsp | honey |
| 80 g | pumpkin seeds |
| 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 caramelize 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.