



MEAL

- Gluten-free
- Dairy-free



Thai Red Curry and Butternut Squash Soup

IMMUNE SUPPORT, EYE AND SKIN HEALTH



Prep time: 10 minutes



Cooking time: 40 minutes



Total time: 50 minutes



Allergens: fish or crustaceans

Servings: 4

(thai red curry paste often contains fish or shrimp), seeds.

INGREDIENTS

- 1 butternut squash, peeled, seeds removed, cube
- 3 carrots, remove tops, diced
- 1 garlic clove, peeled, finely sliced
- ½ tbsp fresh ginger, skin removed, grated
- ½ white onion, peel removed, diced
- 1 tbsp coconut oil
- 300ml coconut milk

- 1 bunch fresh cilantro
- ½ lime, squeezed
- 1 tbsp thai red curry paste
- 3 cups vegetable stock, hot
- 1 tsp pumpkin seeds, garnish
- 1 tsp goji berries, garnish (optional)
- Season salt and pepper to taste (optional)

PREPARATION

1. Place coconut oil in a pot on a medium heat and fry onions, carrot and butternut squash. Stir occasionally for 8-10 minutes until the onions are translucent.
2. Add garlic, ginger, coconut milk and thai red curry paste. Mix well.
3. Add vegetable stock to the pot, just enough to nearly cover all the vegetables (approx. 3 cups).
4. Simmer the mixture until the vegetables are very tender (approx. 30 minutes).
5. Remove from heat to let cool slightly, then place in a blender. It may be easier to do this in 2 batches. Add a small handful of fresh cilantro and a squeeze of lime juice to the blend and blitz until smooth.
6. Remove from blender and reheat if necessary. Season to taste.
7. Garnish with cilantro, pumpkin seeds, and goji berries if you want a tart taste to cut through the spice. Serve warm and enjoy!

RECIPE HEALTH BENEFITS

- This recipe contains carotenes found in carrots and butternut squash which are converted in the body to vitamin A. Vitamin A plays an important role in immune, eye and skin health.
- Butternut squash also contains vitamin C, potassium, dietary fibre, manganese, and folate.
- Ginger is incredibly supportive of the body's immune health and can help alleviate nausea and indigestion.
- Goji berries are immune boosting antioxidants which reduce inflammation in the body. They are full of vitamin A, C, potassium, iron, and magnesium. Include this superfood to garnish your dish and add a little tart flavour.
- Cilantro has many healing properties. It is a powerful antioxidant and contains antimicrobial properties.

TIPS

- Make sure to allow your soup mixture to cool before blending as some blenders are not equipped for high temperatures.
- If you enjoy a thicker soup, once the mixture is ready in the pot, strain the vegetables keeping the liquid in a bowl for later use. Blend/puree the vegetables on their own then slowly add the flavoured liquid into the blender until you get the consistency you like. For a thicker soup add less liquid.
- Butternut squash is one of many winter squash and often the most popular. Its peak season is in the autumn so now is the perfect time to get creative with a variety of squash recipes.
- To select the best squash, look for one that is heavy and very firm to touch. Choose organic if you can.
- The best way to store your squash before cooking is in a cool dark place and it usually lasts around 3 weeks.
- If not adding squash to the soup, the healthiest way to consume it is by steaming it for approximately 7 minutes.
- If you are vegetarian or have a fish or crustacean allergy, it is important to check the label of the thai red curry paste that you purchase. Most of these contain allergens. Try making a homemade red curry paste by swapping the fish contents for tamari.

This warming seasonal soup is bursting with flavour and colour and is perfect to boost that immunity on a cold day. It is full of antioxidants and powerful medicinal herbs. Enjoy it straight away or save it in an airtight glass container in the refrigerator for 2 days. You can also freeze this soup for up to 6 months.



Recipe created by Gill Compton, CNM London:
Naturopathic Nutrition/NaturalChef

References:

- CNM London Lecture. (2021). Soups and Stews. London, United Kingdom.
- Courtney, H. Langley, S. (2012). 500 of the Healthiest Recipes and Health Tips. NY, New York and London, United Kingdom. Pages 62, 109.
- Mateljan, G. (2007). The World's Healthiest Foods. George Mateljan Foundation. Seattle, Washington. Pages 238-242, 712.

Inspired by The Most Colourful Cookbook by Kamu



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