

Indian Pumpkin Soup with A Spicy Coconut Chutney

Yield: 4 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/pumpkin-coconut-curry-recipe-indian>

Ingredients:

- 1/2 cup coconut fresh, with the brown hard skin removed
- 4 green chilies fresh, or according to taste
- 15 grams roasted peanuts
- 1 teaspoon sugar
- 3 tablespoons yoghurt plain
- 1 pinch salt
- 1 pumpkin kilo orange, cut roughly into cubes, you can remove the skin later like I did
- 2 teaspoons coriander seeds
- 1 teaspoon cumin seeds
- 1/4 teaspoon nigella seeds
- 1/4 teaspoon mustard seeds
- 3 green chilies fresh, or according to how spicy you like it
- 2 cloves garlic
- 1 teaspoon ginger grated
- 1 onion large, chopped
- 1/3 cup olive oil
- 750 milliliters water or vegetable stock
- 1 tablespoon tamarind paste
- 1 tablespoon milk