



# Spicy Hearty soup with Haddock and Pumpkin

Recipe Gluten-free, dairy-free (casein-free) and hypotoxic  
By: Cuisine l'Angélique

PORTIONS: 6  
PREPARATION: 25 MINUTES  
COOKING: 35 MINUTES

## INGREDIENTS

- 30 ml (2 tbsp) olive oil
- 1 red onion, finely chopped
- 2 garlic cloves, pressed or minced
- 15 ml (1 tbsp) fresh ginger, grated
- zest of an organic lime
- 15 ml (1 tbsp) curry powder
- 2.5 ml (1/2 tsp) garam masala
- 2.5 ml (1/2 tsp) ground coriander
- 1 ml (1/4 tsp) ground cumin
- 315 ml (1 1/4 cups) canned coconut milk
- 260 g (2 cups) pumpkin, peeled and cut into 1/2-inch (1.5 cm) cubes
- 2 large carrots, peeled and finely beveled
- 2.5 ml (1 tsp) salt
- Pepper, to taste
- 1 yellow pepper, cut into large cubes
- 250 ml (1 cup) broth (chicken or vegetable)
- 680 g (1 1/2 lbs) fresh haddock, cut into 1-inch (2.5 cm) cubes
- Fresh cilantro, chopped, to taste

## PREPARATION

1. In a large saucepan, heat oil. Add onion and garlic. Cook over low heat for 3 to 5 minutes, stirring frequently.
2. Add ginger, lime zest and spices and continue cooking for an additional 2 minutes to enhance the flavour of the spices.
3. Add coconut milk, pumpkin cubes, carrots, salt and pepper. Bring to a boil, cover and simmer for 10 minutes over low heat.
4. Add the pepper cubes, bring back to a boil, cover and simmer over low heat for another 10 minutes.
5. Then add the chicken broth and haddock, increase the cooking heat to bring to a boil. Cover and continue cooking over low heat for 10 minutes.
6. Serve with chopped cilantro to taste.



*This spicy soup will allow you to discover and enjoy pumpkin beyond the usual puree.*