

ROASTED PUMPKIN SOUP WITH WILD RICE & MISO MUSHROOMS

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COOK TIME: 60mins

SERVES: 4

CALORIES: 304 kcal (PER SERVING)

INGREDIENTS

*SOUP

500 g/1.1 pounds pumpkin, cut into wedges
2 small yellow onions, cut in half
4 garlic cloves, unpeeled
1/2 tsp dried ginger
1 L dashi, or vegetable broth
1 tbsp soy sauce
1 tbsp miso
vegetable oil
sea salt + black pepper

*MISO MUSHROOMS

250 g/9 oz wild mushrooms, thickly sliced or torn
2 tbsp vegetable oil
1 tbsp miso
2 garlic cloves, finely chopped
1 tbsp soy sauce
black pepper

*FINISHING TOUCH

250 g wild rice, cooked
chili flakes

DIRECTIONS

Preheat the oven to 180°C/360°F.

Place the pumpkin on a large baking tray and drizzle with a little oil. Add the onion and whole garlic cloves, sprinkle with dried ginger, salt and pepper. Roast for 40 minutes, or until soft and slightly caramelized at the edges.

In the meantime, cook the rice according to package instructions.

Meanwhile, heat the broth in a large saucepan. When the pumpkin is ready, remove the seeds (you can keep these for roasting), squeeze out the garlic and add everything to the pan with the hot broth. Add miso and soy sauce. Blend with a stick blender, adding a little more water if you like a thinner consistency. Season with salt and pepper.

Prepare the miso mushrooms. Heat olive oil in a skillet, add mushrooms and sauté until golden brown. Stir in the garlic, soy sauce and miso, season with pepper.

Ladle the soup into bowls, add wild rice, top with miso mushrooms and sprinkle with chili flakes. Enjoy.

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