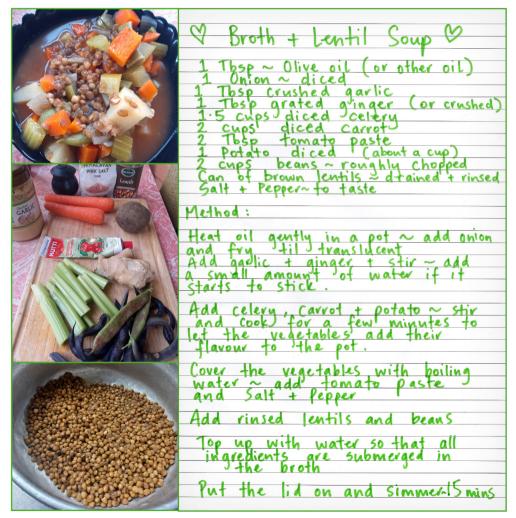
VEGAN HOT POTS - BROTH & LENTIL SOUP

Local catering enterprise, Many Hands, has a soup-remely tasty recipe for you this month! Watch this space for more plant-based delectability in upcoming issues. Head to Facebook @ManyHandsKitchen to get to know your neighbourhood culinarians.



VEGAN HOT POTS - CHUNKY PUMPKIN & CARROT SOUP

Local business Many Hands Catering is back with another soup-erb recipe to warm your belly and soul! Let them know how you go on their Facebook page @ManyHandsKitchen.



of Chunky Pumpkin + Carrot Soup or

you will need: Oil (I used olive oil)
diced onion ~ Crushed or sliced garlic
curry powder ~ bay leaf or 2 ~
celery ~ Carrot ~ pumpkin - diced
Salt + Pepper

Optional extras: Fresh, chopped parsley lemon juice ~ coconnt milk or fresh cream &

Step 1: Heat your pot ~add a splash of oil then fry onions ~ add garlic next ~ then sprinkle with Curry powder and stir together ~ cook for a few minutes ~ stirring to stop it from sticking.

Step 2: add into pot celery and bay leaf stirs then carrol and pumpkin ~ cook and stir for 2 mins.

Step 3: Cover vegetables with boiling water ~ put the lid on and simmer til vegetables are nicely cooked ~ around 10 mins. Add salt + pepper to your faste.

Step 4: If using optional extras ~ turn off heat, stir through parsley ~ add cream or coconut milk or a squeeze of lemon.

VEGAN HOT POTS - MATARIKI CELEBRATION SOUP

Not all iwi commemorate Matariki at the same time; some start on the first full moon after the star cluster rises, or on the next new moon. It's not too late to celebrate! Try this stellar soup recipe crafted by local food inspiration page, Many Hands Kitchen. This original recipe includes a peculiar ingredient of peanut butter that makes it out of this world! Let the chefs know how you go on their Facebook page: @ManyHandsKitchen



Matariki Celebration Soup # # # Heat oil in a large pot and fry ~ 1 diced onion, 3 small sliced chillis, an inch of peeled and thinly sliced ginger and 2 heaped top of crushed garlic ~ stir often.

~ Once lightly browned, add 2 small carrots and 2 sticks of celery, chopped ~ stirthrough.

Add approx 3 litres of boiling water and 2 tsp of salt. Simmer for 10 mins.

For the broth \sim add 2 Tbsp of soy sauce, 3 Tbsp of chilli sauce, 1 tsp of sesame oil and 3 Tbsp \sim heaped \sim of peanut butter. Simmer and stir \sim allow the flavours to infuse \sim taste and add more salt or broth flavourings to your liking.

Cube cut some firm tofu and/or pumpkin and/or cabbage (I put it all in \(\O \)) and cover with a lid and Simmer for a further 10 mins \(\cho \) add rice noodles and coconut milk if you wish \(\cho \) and turn off the heat.

We served ours with a little chopped coriander leaf and a squeeze of lemon juice.

Matariki blessings ~ from Many Hands Kitchen V