



Creamy Coconut Courgette Soup

with Fried Gnocchi and Sunflower Seeds



20-30min



3-4 Personen

Have you ever eaten gnocchi with soup? We neither and we wondered, why! So our chef Tamara came up with this distinctive combination. Today you will serve a refreshing topping of radishes, mint and sunflower seeds as well as crispy, golden-brown fried gnocchi with a creamy, warming coconut milk soup with courgette. Delicious!

Was du von uns bekommst

- 2 pkt veggie broth powder
- 3 courgettes
- 2 onions
- 2 garlic cloves
- 1 green jalapeño chili pepper
- 10g fresh mint
- 1 bundle radishes
- 1kg gnocchi ¹
- 600ml coconut milk
- 2 untreated limes
- 50g sunflower seeds

Was du zu Hause benötigst

- salt and pepper
- olive oil

Küchenutensilien

- big pot with lid
- big pan
- stick blender
- measuring jug
- lemon juicer

Vergiss nicht, das Gemüse vor der Zubereitung gründlich zu waschen, insbesondere grünes Blattgemüse und Salate.

Allergene

Gluten (1). Kann Spuren von anderen Allergenen enthalten.

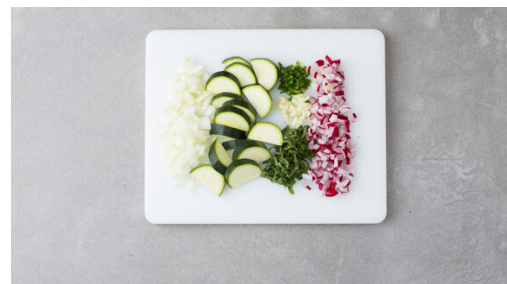
Nährwertangaben pro Portion

Energie 0kcal



1. Prepare broth

Dissolve **1/2 of the broth powder** in 500ml hot water.



2. Cut vegetables

Halve **courgettes** lengthwise and cut each half into 1cm thin slices. Peel and coarsely chop **onions** and **garlic cloves**. Halve **chili pepper** lengthwise, remove seeds and finely chop **chili**. Pluck off **mint leaves** and cut them into thin strips. Chop **radishes** coarsely.



3. Sauté courgette

Heat 2 tablespoons olive oil in a large pot over medium-high. Add **courgettes**, **onions**, **garlic** and **chili to taste** and sauté for 2 minutes. Season with a generous pinch of salt and cook **courgettes** covered with a lid until soft, 10-15 minutes. If needed reduce temperature, so that **vegetables** don't burn.



4. Fry gnocchi

Meanwhile, warm 2 tablespoons olive oil in a large pan over medium-high. Add **gnocchi** and fry until nicely browned, 6-8 minutes. Season with a generous pinch each of salt and pepper and remove pan from heat.



5. Cook soup

Add **coconut milk** and prepared **broth** to softened **courgette** and stir well. Bring **soup** to a boil again and let simmer over medium-high heat for 5 minutes. In the meantime, halve and juice the **limes**.



6. Finish soup

Purée soup using a stick blender and season to taste with salt, pepper and **remaining broth powder** as needed. Combine **sunflower seeds**, radishes, **mint** and **1/2 of the lime juice** and season to taste with salt and pepper and more **lime juice** if you want. Serve **soup** garnished with the **radish topping** and the **gnocchi** to the side. Enjoy!