

Creamy Thai Pumpkin Noodle Soup (Low FODMAP)

Silky coconut-pumpkin broth meets rice noodles in this warming Thai-inspired soup that's gentle on your gut but bold on flavor.

Prep: 15 min

Cook: 45 min

Total: 60 min

Servings: 6

Low FODMAP ✓

Ingredients

Cut into 2cm pieces for even cooking - reduced amount ensures 75g per serving 450g pumpkin or butternut squash, peeled and cubed

Divided - use quality oil for best flavor 3 tablespoons garlic-infused olive oil

About a 5cm piece 30g fresh ginger, peeled and minced

Bash with knife to release oils - will be removed before serving 1 stalk lemongrass, white part only, bruised

Full-fat for creamiest results - provides about 65ml per serving 400ml coconut milk

Use homemade or certified low FODMAP brand 750ml low FODMAP vegetable stock

Reduced amount for FODMAP safety - adds umami without excess 1 tablespoon fish sauce

About 1 lime, plus extra wedges for serving 2 tablespoons fresh lime juice

Balances the acidity and heat 1 tablespoon brown sugar

Flat or round, medium width works best 200g dried rice noodles

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Plus more to taste 1/2 teaspoon salt

Adds subtle heat without overwhelming 1/4 teaspoon white pepper

About 1/4 cup, roughly chopped Fresh cilantro leaves for garnish

Adjust to heat preference - remove seeds for milder flavor 1 red chili, thinly sliced (optional)

Optional garnish - limit to 1/2 tablespoon per serving for FODMAP safety 3 tablespoons crushed peanuts

Essential for brightness and customization Lime wedges for serving

Instructions

Step 1: Roast the Pumpkin

(30 min)

Preheat your oven to 200°C (400°F). Toss the pumpkin cubes with 2 tablespoons of garlic-infused oil, salt, and pepper on a large baking sheet. Spread in a single layer and roast for 25-30 minutes until tender and lightly caramelized at the edges, turning once halfway through.

Step 2: Build the Aromatic Base

(3 min)

While the pumpkin roasts, heat the remaining tablespoon of garlic-infused oil in a large pot over medium heat. Add the minced ginger and bruised lemongrass stalk, stirring constantly for 1-2 minutes until fragrant but not browned. The kitchen should smell incredible at this point.

Step 3: Create the Broth

(12 min)

Pour in the coconut milk and vegetable stock, then add the fish sauce, lime juice, and brown sugar. Bring to a gentle simmer and let the flavors meld for 10 minutes. Remove the lemongrass stalk and discard it—it's done its job of infusing the broth with citrusy notes.

Step 4: Blend for Creaminess

(5 min)

Once the pumpkin is roasted, add about two-thirds of it to the soup pot, reserving the rest for texture. Use an immersion blender to puree the soup until silky smooth, or carefully transfer to a countertop blender in batches. Return to the pot and stir in the reserved pumpkin chunks. Taste and adjust seasoning with more fish sauce, lime juice, or a pinch of salt if needed.

Step 5: Prepare the Noodles

(8 min)

Cook the rice noodles according to package directions—usually this means soaking in hot water for 5-8 minutes until tender but still slightly chewy. Drain well and rinse briefly with cool water to stop the cooking process and prevent clumping.

Step 6: Bring It All Together

(2 min)

Divide the cooked noodles among serving bowls. Ladle the hot pumpkin broth over the noodles, making sure each bowl gets plenty of pumpkin chunks. The noodles will absorb some of the flavorful liquid and become even more delicious.

Step 7: Garnish and Serve

(2 min)

Top each bowl with fresh cilantro leaves, sliced red chili if using, and a small handful of crushed peanuts (no more than half a tablespoon per serving to stay low FODMAP). Serve with lime wedges on the side so everyone can add an extra squeeze of brightness to their bowl. This soup is best enjoyed immediately while the noodles are perfectly tender and the broth is steaming hot.