Thai spiced sweet potato and coconut soup

With baguette

Ingredients (10 portions)

Sweet potato	1.8kg
Onions	300g
Garlic	6 cloves
Coconut milk	400ml
Ginger	30g
Coconut oil	25g
Thai red curry paste	50g
Veg stock/bouillon	1.75l
Lime juice	30ml
Tamari	35g
Coriander	30g
Olive oil	100ml
Mint	10g
Yoghurt	10ml
Seeds	50g

Allegies and Alternatives

GF: No gluten
DF: No yoghurt unless dairy free
Vegan: No yoghurt or dairy free yoghurt
No spice: Tomato soup
Nut free: Potential no seeds

Prep list

- Cut onions
- Cut sweet potatoes
- Crush garlic and ginger
- Make soup
- Coriander oil
- Mint yoghurt
- Roasted seeds

Method

Sweat off onions, garlic, ginger, curry paste in coconut oil. Stir in sweet potatoes. Add stock, tamari, coconut milk, ½ the lime simmer until tender. Add fresh coriander.

Blend and pass, season with salt pepper lime.

Chop mint into yoghurt, mix.

Blanch and refresh coriander in iced water, refresh and squeeze out water, blitz with oil and pass.

Blackboard wording

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Service and presentation

- Warm soup bowl – Ladle in hot soup. Drizzle yoghurt and coriander oil on soup from squeezy bottles. Top with roasted seeds.
- Serve with Baguette – baskets on tables

