

Sweet Potato and Coconut Soup



Easy to make in bulk for the whole family, or store it for your working week lunches. The herbs, spices and veggies mean it's packed with vitamins to keep you feeling boosted.

Ingredients

- 2 tbsp extra virgin olive oil
- 1 tbsp minced ginger
- 1 tbsp minced garlic
- 2 tbsp finely chopped shallot
- 1 tsp harissa paste
- 2 tsp curry powder
- 1/4 tsp salt
- 1/2 tsp ground black pepper
- 2 L vegetable broth or reduced-salt stock
- 200 ml light coconut cream
- 1 sweet potato, peeled and cut into large chunks
- 1 carrot, peeled and cut into large chunks

1/2 bunch kale, rough stem removed, sliced

1/2 cup corn kernels

Method:

1. In a large pot or a deep saucepan, heat the olive oil, ginger, garlic, shallots, harissa and curry powder. Sauté until fragrant.
2. Add the sweet potato, carrot and broth, and bring to a boil. Then, turn to a low heat and simmer for 30 mins.
3. Stir in the coconut cream and corn kernels, and simmer for another 10 mins.
4. Add salt and pepper to taste before serving.