

CURRIED SWEET POTATO SOUP

<i>Ingredients</i>	<i>Equipment</i>
1 Brown Onion	1 Large Saucepan
2 Cloves Garlic	Chopping Boards
3 Teaspoons Curry Powder	Knives
1 Kg Sweet Potato	Vegetable Peeler
1 Litre Hot Water	Measuring Jug
2 Cubes Chicken Stock	Teaspoon Measures
1 Large Granny Smith Apple	Cup Measures
½ Cup Coconut Cream	Grater
Oil for frying	Blender

What to do

1. Get out all required equipment
2. Weigh and measure ingredients
3. Peel and dice the onion
4. Peel and crush the garlic
5. Peel and dice the sweet potato
6. Peel and grate the apple
7. Heat oil in a large saucepan over medium-high heat.
8. Add the onion and garlic. Cook until onion is tender.
9. Add the curry powder. Cook, stirring for 1 minute or until aromatic.
10. Add the sweet potato, hot water, chicken stock and grated apple. Stir to combine. Bring to the boil.

Reduce the heat to a slow simmer until sweet potato is tender.

11. Remove from heat.
12. Using the blender, puree soup until smooth.
13. Return soup to the stove over a low heat.
14. Stir in coconut cream. Heat for 8 to 10 minutes or until hot (do not boil).