Spicy sweet potato soup



Serves 6





Being able to make a simple soup from scratch is a brilliant thing to learn, and it's a great way of getting lots of veggies into your diet.

Equipment Y-shaped peeler Chopping board Knife Large roasting tray Measuring spoons Wooden spoon Slotted spoon **Kettle** Large saucepan (25cm) Measuring jug Stick blender Tea towel Ladle Serving bowls

Ingredients

2 medium sweet potatoes (roughly 500g)

1 carrot

1 red onion

1 stick of celery

1 eating apple

2 fresh bay leaves

a few sprigs fresh thyme

1 pinch of dried chilli flakes

└ ½ teaspoon sweet smoked paprika

2 tablespoon olive oil

1 organic low-salt vegetable stock cube

sea salt and freshly ground black pepper

fat-free natural yoghurt, to serve





For nutritional information, ask your teacher.

Here's how to make it

- Preheat the oven to 180°C/350°F/gas 4.
- Carefully peel and cut the sweet potatoes and carrot into 2.5cm chunks on a chopping board, then place on a large roasting tray.
- Trim and roughly chop the celery, then add to the tray.
- Peel and cut the onion into wedges, the scatter onto the tray.
- Cut the apple into wedges, removing and discarding the stalk and core), then add to the tray along with the bay leaves.
- Pick the thyme leaves onto the tray, discarding the stalks.
- Sprinkle over the chilli flakes and paprika, then drizzle with 1 tablespoon olive oil and toss everything together to coat.
- Roast in the hot oven for around 40 minutes, or until golden and cooked through.
- Once cooked, carefully transfer the vegetables to a large pan, picking out and discarding the bay leaves.
- Till and boil the kettle.
- Place the stock cube into a measuring jug and top up with 1.5 litres of boiling water and stir to dissolve.
- Pour the stock over the vegetables, bring to the boil over a medium heat, then reduce the heat to low.
- Simmer for around 20 to 30 minutes, then remove from the heat.
- 1/1 Carefully remove the pan to a heatproof surface and leave for a minute or two to stop bubbling.
- Carefully blitz with a stick blender until smooth (use a tea towel to protect your hands from little splashes).
- 6 Have a taste and add a tiny pinch of salt and pepper, if you think it needs it.

17 Ladle the soup into bowls, swirl a dollop of yoghurt into each, then serve with crusty bread or toast for dunking.

Your notes