

# Spicy sweet potato soup



Serves 6



## Equipment list

- 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



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.

## 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

Allergy info



wheat, gluten, dairy, celery



For nutritional information, ask your teacher.

