

OVERALL time: 55 mins

Roasted Sweet Potato & Coconut Soup

Metric

Number of servings : 8

ingredients

For the soup

- 1 large onion, diced
- 400 ml coconut cream
- 750 ml chicken stock
- 250 ml cold pressed apple juice

For cooking

- olive oil

For serving

- toasted coconut flakes
- fresh coriander

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 15 mins | COOKING TIME: 40 mins

Preheat oven to 200°C.

Wash sweet potatoes, dry well and then slice in half.

Place on a large baking tray.

Drizzle with olive oil and season with **Cape Herb & Spice Smokehouse BBQ Seasoning**.

Flip so that all the sweet potato halves are lying cut side down on the baking tray.

Transfer to the oven and roast for ± 30 minutes, depending on their size, until extremely soft and well caramelised.

While the sweet potatoes are roasting, heat a drizzle of olive oil in a large pot and cook the onion until tender.

Season with **Cape Herb & Spice Smokehouse BBQ Seasoning**.

Remove sweet potatoes from the oven and allow to cool slightly so that you can handle them.

Peel away the skins / scoop out the flesh.

Add the sweet potato flesh to the pot.

Pour in the coconut cream, stock and apple juice.

Bring to a simmer.

Switch off the heat and using an immersion blender, blend until smooth. Taste to adjust seasoning.

Ladle soup into warm bowls and finish with fresh coriander, toasted coconut flakes and a drizzle of coconut cream or yoghurt.

Serving tip:

For a little flourish - keep a dash of coconut cream aside for drizzling over the dished up soup bowls before serving. You can also use yoghurt or sour cream.

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