Sweet Potato, Lentil & Curry soup

Serves 4 - 6

Ingredients (allergens in **bold**)

- 1 tbsp olive oil
- 1 large brown onion
- 1 -2 teaspoons curry powder (depending on taste)
- 3 – 4 sweet potatoes peeled & cubed (fresh or frozen)
- 4 tablespoons red lentils
- 1 veg stock cube dissolved in 1 litre of boiling water
- Salt/pepper to season

Method

1. Heat oil in a large saucepan over medium-high heat.

2. Add the onion and cook for 4 to 5 minutes until tender.

3. Add the curry powder. Cook, stirring, for 1 minute or until aromatic.

4. Add sweet potato, lentils & stock to the pan. Stir and bring to the boil.

5. Reduce heat and simmer, partially covered, for 30 minutes or until sweet potato is tender. Remove from heat.

6. Using a food processor or hand blender, blend soup, until smooth. Return soup to saucepan over low heat. Heat for 8 to 10 minutes or until hot (do not allow to boil). Add more stock if soup is too thick.

7. Season with pepper & enjoy!

Equipment

- large saucepan
- chopping board
- large cook's knife
- teaspoon
- tablespoon
- measuring jug
- wooden spoon
- hand blender
- soup ladle