

CURRIED SWEET POTATO SOUP



INGREDIENTS:

- 1 tbsp olive oil
- 1 onion, chopped
- 2 cloves garlic, finely chopped
- 2 tbsp mild curry powder
- 1.4l vegan stock
- 400g chilled sweet potato chunks
- 400g canned chickpeas, drained
- 100g spinach leaves
- 1 tsp black onion seeds (optional)

Curried Sweet Potato Soup

Serves 4 Prep time 10 minutes Cook time 12 minutes

METHOD:

1. Heat the oil in a large pan. Add the onion and cook gently for 5-6 minutes until softened. Add the garlic and curry powder and cook for another 2 minutes stirring.

2. Add the stock, bring up to boil and stir in the sweet potatoes and chickpeas. Simmer gently for 2-3 minutes, then stir in the spinach leaves, cook for another minute until just wilted. Spoon into serving bowls and sprinkle with nigella seeds.



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