

Sweet Potato-Coconut-Soup

Ingredients for 4 portions:

2 medium US sweet potatoes
2 small onions
4 cm ginger
2 garlic cloves
4 tbsp. coconut oil
600 ml coconut milk
400 ml vegetable stock
Salt, pepper
2 red chilis
2 spring onions
4 tbsp. peanuts
1 bunch cilantro



Preparation:

1. Peel onions and ginger and cut into small dices. Peel and press the garlic. Peel and dice the sweet potatoes. Heat the coconut oil in a pan and slightly roast the onion, garlic and ginger. Reduce heat, add the sweet potatoes and roast for another 5 minutes.
2. Pour in coconut milk and vegetable stock and let it simmer by medium heat for about 10 minutes. Purée and season with salt and pepper.
3. Slice the chilis and spring onions into small cuts and roughly chop the peanuts. Clean the cilantro and finely cut the leaves. Plate the soup into small bowls and garnish with peanuts, chili, spring onions and cilantro.

Preparation time: 20 min

Nutrition facts per portion:

Energy: kcal/ 1970 kJ
Carbohydrates: 53 g
Protein: 8 g
Fat: 23 g