

Recipe

THAI SWEET POTATO RED CURRY SOUP



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Recipe: **LAUREN CARIS SHORT**

INGREDIENTS

1 red onion
500g Sweet potato
1-2 tbsp vegan Thai red curry paste
750ml Vegetable stock
400ml Coconut Milk
2,5 inch piece of Ginger
3 cloves Garlic
2 tbsp Peanut Butter
Juice of 1 lime

Toppings:

Fresh coriander
Coconut Milk
Red Chilli
Crushed salted peanuts



TIME

30 min



CATEGORY

Main course



ISSUE

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STEP 1

Roughly chop the red onion, and mince the garlic and ginger together. Saute in a soup pot with a little oil for 3-4 minutes until the onion softens.

STEP 2

Peel and chop the sweet potato into 1 inch cubes, and add to the pan with the onions and toss to coat. Add the red curry paste, stirring so everything is coated and cook for a couple of minutes. Add the vegetable stock, coconut milk and peanut butter and stir. Cover with a lid and cook for 20 minutes until the sweet potato is completely cooked. Either use a stick blender to blend the soup, or transfer to a blender and blend until smooth. Finally stir in the lime juice.

STEP 3

Top with an extra swirl of coconut milk, chopped coriander, fresh chillies and chopped salted peanuts.

STEP 4