



Sweet potato and red pepper soup

Ingredients

Sweet potato	250g
floury white potato	150g
red pepper	75g
onion	75g
garlic	1 clove
sunflower oil	5 ml
vegetable stock	700 ml

Method

1. Wash, peel, rewash and pat dry the potatoes
2. Roughly dice the potatoes, red pepper and onion and crush the garlic
3. Heat the oil in a large pan, add the onion and red pepper and sweat for approximately 5 minutes until soft
4. Add the garlic and cook for a further minute
5. Add the potatoes and vegetable stock.
6. Bring to the boil, cover and simmer for 20 minutes until the potatoes are tender, skim as necessary
7. Allow the soup to cool appropriately before blending and passing through a sieve
8. Reheat the soup in a clean pot and adjust the consistency and seasoning if necessary
9. Serve in a clean hot bowl and garnish appropriately