



## AB's Curried Honey Sweet Potato Soup

The natural sweetness of sweet potatoes is complemented by roasting them with honey

PREP TIME: 20 MIN

COOK TIME: 25 MINS

### INGREDIENTS

- 1 kg sweet potatoes, peeled & cut into 2-3cm chunks
- 4 tbsp olive oil
- 1 tbsp tandoori curry powder
- 2 tbsp Tea Tree honey
- 1 clove garlic, crushed
- 1 piece of fresh ginger, finely chopped
- 1 chilli, seeded, finely chopped
- 1 red onion, finely chopped
- 4 cups vegetable stock
- 1/4 cup coconut milk

#### To serve

- 4 tbsp thick plain yoghurt
- 1 tsp chilli powder (optional)
- black pepper freshly ground
- 2 tsp Ironbark honey



### DIRECTIONS

1. Preheat oven to 180 degrees. Place a lined baking tray in the middle of the oven to heat
2. In a large bowl, toss the sweet potatoes with 2 tablespoons of oil, curry powder, garlic, ginger and chilli and honey. Stir to coat the pieces
3. Spread the sweet potatoes on the baking tray and bake for 15 minutes. Turn once. Cook until soft then cool
4. Heat remaining 2 tablespoons of oil, add onion and cook over low heat until soft and translucent
5. Transfer the cooked onion, sweet potatoes (and any sticky contents from the baking sheet) into a food processor and add half the stock. Process until well combined
6. Add remaining stock and coconut milk and process before adding to saucepan. Gently heat soup
7. Serve in warmed bowls and top each bowl with a tablespoon of yoghurt, pinch of chilli powder and drizzle with Ironbark honey.