



# Curried sweet potato soup

20'  
Hands on

40'  
Cook Time

4-6  
Portion(s)

1  
Difficulty



## Ingredients

- 1 kilo sweet potatoes
- 2 onions
- 1 clove(s) of garlic
- 1 chili pepper
- 80 g sun-dried tomato
- 1 tablespoon(s) olive oil
- 1 tablespoon(s) turmeric
- 1 tablespoon(s) curry
- 1 tablespoon(s) thyme, finely chopped
- 1 liter water
- 1 vegetable bouillon cube
- salt
- pepper
- 300 g coconut milk

To serve

- 1/2 bunch coriander, finely chopped
- couscous, boiled

## Method

- Peel the sweet potatoes, cut them into 2 cm cubes, and add them into a [bowl](#).
- Cut the onions, the garlic, the chili pepper, and the sundried tomatoes into slices.
- In a [pot](#) add the olive oil and place it over medium heat.
- Add the onions and sauté them for 2-3 minutes.
- Add the garlic, the pepper, and keep sautéing for 1-2 more minutes.
- Add the turmeric, the curry, the sweet potatoes, the thyme, and mix with a wooden spoon.
- Add the water, the vegetable stock cube, salt, pepper, and boil for 30 minutes until the sweet potatoes are tender.
- Add the coconut milk and boil for 5-10 more minutes.
- Remove from the heat, sprinkle with finely chopped fresh coriander and serve with couscous.

## Διατροφικός πίνακας

Nutrition information per portion

258 Calories (kcal)	4.3 Total Fat (g)	1.3 Saturated Fat (g)	46.0 Total Carbs (g)
13%	6%	7%	18%
19.0 Sugars (g)	3.7 Protein (g)	7.1 Fibre (g)	0.44 Sodium (g)
21%	7%	28%	7%