



SWEET POTATO AND BROCCOLI SOUP

ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts

Prep time: 5 mins

Cook time: 25 mins

Serves:4



INGREDIENTS

- 500g sweet potato, peeled and finely diced
- 500g broccoli, finely diced
- 1 swede, finely diced (optional)
- 1 onion, finely diced
- 1 tsp pink salt, pepper to taste
- 1 lt vegetable or chicken stock
- 500mls water
- 1 cup coconut yoghurt
- 1/4 cup finely sliced chives
- 1/4 cup olive oil

METHOD

- Heat oil in a large saucepan.
- Add onion, sweet potato and swede and stir fry for 10 minutes until browning.
- Add broccoli, stock, water, salt and pepper and stir well.
- Bring to the boil and simmer 20 minutes until vegetables are tender.
- Use a stick blender to puree the soup.
- Stir three quarters of the yoghurt into the soup, and combine the other one quarter with 2 tbs of water.
- Serve into bowls and swirl extra yoghurt and water mixture around the top.
- Sprinkle with chopped chives.