



ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts

Prep time: 10 mins

Cook time: 30 mins

Serves: 4-6

INGREDIENTS

- 1 kg sweet potato
- 1 medium onion
- 2 tbsp olive oil
- 1 tbsp crushed garlic
- 1 tbsp grated ginger
- 1 tsp dried chilli flakes
- 2 tbsp sriracha sauce
- 2 tbsp basil pesto
- 1 can (400mls) coconut milk
- 400 mls vegetable stock
- 1 tsp pink rock salt

METHOD

- Heat olive oil to medium high in large saucepan.
- Chop sweet potatoes into 2cm pieces and add to pot.
- Roughly dice onion and add to potatoes.
- Add garlic, ginger, chilli flakes, salt and sriracha sauce and fry stirring for 10-15 minutes.
- Add stock and pesto and bring to the boil.
- Simmer for 20 minutes until tender.
- Blend with stick blender, then stir in coconut milk.
- Reheat and serve with basil to garnish.

SPICY SWEET POTATO SOUP

