



Sweet Potato and Garam Masala Soup

with kidney beans and coconut milk

Veggie 40-45 mins

7



Red Kidney Beans



Garam Masala



Garlic



Coconut Milk



Scallion



Sweet Potato



Lime



Bell Pepper



Vegetable Stock



Dried Thyme



Chopped Tomatoes

Pantry Items: Salt, Pepper, Oil, Water

Before you start

Our fruit, veg and herbs need a wash before you use them!

Cooking tools you will need

Zester, Grater, Baking Sheet with Baking Paper, Lid, Pot, Sieve

Ingredients

	2P	4P
Red Kidney Beans	1 pack	2 pack
Garam Masala	1 sachet	2 sachet
Garlic	1 unit	2 unit
Coconut Milk	180 ml	360 ml
Scallion	1 unit	2 unit
Sweet Potato	300 g	600 g
Lime	1 unit	2 unit
Bell Pepper	1 unit	2 unit
Vegetable Stock 10	1 sachet	2 sachet
Dried Thyme	1 sachet	2 sachet
Chopped Tomatoes	1 pack	2 pack

Nutrition

	Per serving	Per 100g
for uncooked ingredients	770 g	100 g
Energy (kJ/kcal)	2268.9 kJ/ 542.3 kcal	294.7 kJ/ 70.4 kcal
Fat (g)	18.6 g	2.4 g
Sat. Fat (g)	14.7 g	1.9 g
Carbohydrate (g)	77.2 g	10 g
Sugars (g)	21.9 g	2.8 g
Protein (g)	19.8 g	2.6 g
Salt (g)	2.5 g	0.3 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

10) Celery

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

Thumbs up or thumbs down?

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You can recycle me!



Roast the Potato

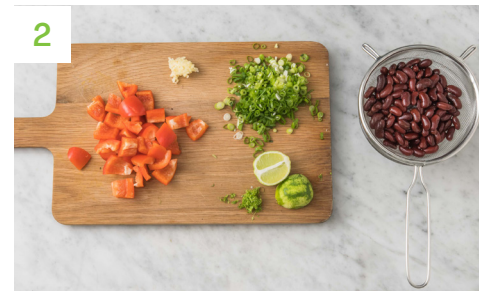
- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Chop the **sweet potatoes** into 2cm chunks (peeling optional). Put the **sweet potato** chunks onto a large (lined) baking tray.
- Drizzle with **oil** and half the **thyme**. Season with **salt** and **pepper** then toss to coat. Spread out in a single layer.
- When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.

TIP: Use two baking trays if necessary.



Simmer the Soup

- Bring the soup to the boil. Let it simmer covered on low heat for 12-15 mins.
- Add the **kidney beans** when the soup has 5 mins left to cook.
- Season to taste with **salt** and **pepper**.



Get Prepped

- Trim and thinly slice the **scallion**. Peel and grate the **garlic** (or use a garlic press).
- Halve the **bell pepper** and discard the core and seeds. Chop into 1cm chunks.
- Zest the **lime** then halve and juice it.
- Drain the **kidney beans** in a sieve.



Finishing Touches

- Remove the soup from the heat.
- Stir in the roasted **sweet potato** and add half of the **lime juice**.



Fry Your Veg

- Heat a drizzle of **oil** in a large pot on medium-high heat.
- Once hot, add the **scallion** (keep a tbsp aside for garnish), season with **salt** and **pepper** and fry until soft and sweet, 8-10 mins, stirring occasionally.
- Add the **pepper** and fry for 4-5 mins. Add the **garlic, garam masala** and remaining **thyme**.
- Fry for 30 secs and then add the **chopped tomatoes**, 100ml **water** (double for 4p), **vegetable stock** and the **coconut milk**. Stir well.



Garnish and Serve

- Spoon the soup into bowls.
- Garnish the soup with the **lime** zest, **scallions** and **lime juice** to taste.

Enjoy!