



# Hearty sweet potato coconut soup

with ginger and kale



Make this dish within 5 days of receiving your meal kit



Cooking equipment: large pot



Pantry items needed: olive oil, tamari / soy sauce, salt



Hands-on: 20-25 minutes  
Ready in: 30-35 minutes



Serves: 2 or 4

Soup season is upon us and this one is sure to delight! Veggie filled and with a slight Asian twist from creamy coconut milk, ginger and a squeeze of fresh lime. Like a rainbow just in soup form!

*CALORIE SMART | Freezer friendly, Great for leftovers, Spicy (mild)*

## Before you start

Read through the recipe and give your fresh produce a wash.

## Ingredients

	2 serves	4 serves
Brown onion	1500g	300g
Sweet potato	350g	700g
Red capsicum	150g	300g
Jalapeno	25g	50g
Ginger	20g	40g
Kale	65g	130g
Lime	80g	160g
Olive oil*	1 tbsp	2 tbsp
Salt*	¼ tsp	¼ tsp
Soup seasoning	1 packet	1 packet
Tamari / soy sauce*	½ tbsp	1 tbsp
Coconut milk	1 can	2 cans
Water*	2 cups	4 cups
Vegetable stock cube/s	1	2

\* Pantry items

### Allergens and ingredients

Allergens: soy.

May contain traces of other allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

# Instructions

## 1. Prepare vegetables

Dice **onion**. Peel and dice **sweet potato** into 1cm cubes. Dice **capsicum**. Finely chop **jalapeno** (use ½ for 2 serves and 1 for 4 serves) (tip 1). Finely grate **ginger**. Separate **kale** leaves from stalks (tip 2). Chop stalks very finely and tear leaves into small pieces.

## 2. Cook soup

In a large pot over medium heat, add **olive oil\***, **onion** and **salt\*** and sauté until it starts to brown, about **5 minutes**. Add **sweet potato**, **capsicum**, **jalapeno**, **ginger** and **kale** stems and cook, stirring frequently, for **5 minutes**. Add **soup seasoning** and **tamari\***, stir to combine and cook for **1 minute**. Stir in **coconut milk**, **water\*** and **vegetable stock cube/s** and bring to a boil. Reduce to a simmer and cook, covered, stirring occasionally, for **15 minutes** or until **sweet potatoes** are tender.

## 3. Finish soup

Juice **lime** (**1/2 for 2 serves** and **1 for 4 serves**). Add **kale** leaves and cook, uncovered, until wilted, about **2-3 minutes**. Stir in **lime juice**. serve.

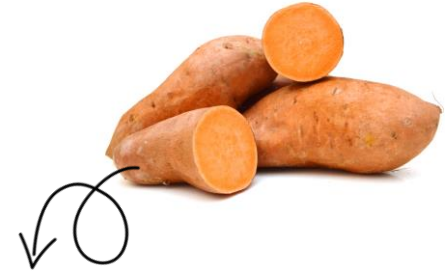
## 4. Serve

Serve in deep bowls.

### Cooking tips

1. If you like less heat, slice the jalapeno lengthways through the centre. Hold the top of the jalapeno and use a teaspoon to scrape out the pith and the seeds.
2. To remove the stem from the kale leaf, hold the stem at the base in one hand and clasp the thumb and index finger of the other hand around the stem. Slide your hand up the stem to strip the leaves away.

Eat your way  
to healthy!



**Sweet potatoes** are high in fibre and in various vitamins and minerals, including vitamins A and C, manganese and potassium.

Sweet potatoes have been linked to health benefits such as improved immunity and eye health, and reduced risk of heart disease and certain types of cancer.

### Nutritional information\*

	Per 625g serve	Per 100g
Energy	1693kJ (405Cal)	271kJ (65Cal)
Protein	8.3g	1.3g
Fat, total	25.0g	4.0g
- Saturated	17.9g	2.9g
Carbohydrate	33.0g	5.0g
- Sugars	18.0g	3.0g
Sodium	382mg	61mg

\* Nutritional information is based on averages