

# Spicy Thai Sweet Potato Soup

Serves 4

## Ingredients

- 3 garlic cloves
- ½ large red onion
- 400g sweet potato
- 2 medium carrots
- ½ red pepper
- 100g dried red lentils
- 1 heaped teaspoon Thai red curry paste
- 750ml cold water
- 2 tbsp chopped coriander or parsley
- Le Chevre goats cheese (optional)



## Method

1. Finely chop the garlic, red pepper and onion.
2. Dice the carrots and sweet potato.
3. Rinse the lentils in cold water and drain.
4. Add all ingredients to a large saucepan or stockpot.
5. Bring to the boil and then simmer for 20 minutes until the veggies are cooked.
6. Allow to cool before blending to a creamy consistency
7. Serve up and stir in 1/2tbsp goats Le Chevre cheese per serve and add a sprig of coriander or parsley.