

1. Put onion and oil in a microwave bowl and cook on FULL POWER for 2mins.
 2. Add curry paste and chopped sweet potato to bowl with 4 tbs of stock. Cover and cook on FULL POWER for 8 mins.
 3. Add the rest of stock and cook on FULL POWER for 4mins or until potato is soft.
 4. Blend with coconut milk until smooth.
 5. Serve piping hot with crusty bread.
- 450gm sweet potato, peeled and chopped
1 onion, peeled and chopped
2 tbs oil
1 tbs curry paste
850ml vegetable stock
½ can of coconut milk

*'What's Cooking!' Recipe Card**soup***CURRIED SWEET POTATO SOUP**

FOOD FACT:
Sweet potatoes are an excellent energy food, and contain vitamins C and E. They also contain huge amounts of carotenoids which helps vision, skin problems and cancer protection.

Serves 4

Preparation time 10mins

Cooking time 14mins