

Sweet Potato and Orange Soup



Food Fact:-

Sweet potatoes are rich in dietary fibre and vitamins A & C.

Serves 4

Preparation time 15 mins

Cooking time 15 mins



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Ingredients

1. Put the oil and onion in a large microwavable bowl, cover and cook for 2-3 minutes on high, to soften but not colour the onion.
2. Add the sweet potatoes, potatoes, orange juice, stock and ground coriander. Cover and cook 10-12 minutes until the vegetables are tender.
3. Cool a little then whiz, taste for seasoning and serve with crème fraîche and the crispy bacon/salami. Also good served chilled.

2tbsp cooking oil
1 large onion, finely chopped
500 g sweet potatoes, peeled and chopped
200 g potatoes, peeled and chopped
½ orange juice and zest
700 ml vegetable stock
½ tsp ground coriander
150 ml milk/soy alternative
Salt and freshly ground black pepper
crispy bacon/salami (optional)

