

## **SWEET POTATO, APPLE AND GINGER SOUP**

**Serves 4**

### ***Ingredients***

1 large Onion (chopped)  
2-3 tbsp Olive Oil or Butter  
2 tsp fresh Ginger (chopped)  
450g Sweet Potato (peeled and cut into chunks)  
1 large Bramley Apple (peeled, cored and chopped)  
900ml Vegetable Stock, plus a little extra as necessary  
Small bunch of fresh Coriander  
Salt & Pepper

### ***To Garnish***

1 tsp fresh Ginger (finely chopped)  
Few sprigs Coriander (chopped)  
1 large Dessert Apple (cored and chopped)  
4 tbsp Yoghurt or Sour Cream  
Pinch of caster sugar

### ***Method***

1. Heat the olive oil or butter in a large saucepan. Add the onion and fry gently for 5 minutes. Add the ginger and sweet potato and fry gently, covered for another 6-8 minutes (the vegetables should gently sweat not fry).
2. Add the apple, stir and cook for 2-3 minutes. Add the stock, coriander and salt and pepper. Bring to a simmer and cook, half covered, for 15-20 minutes or until the sweet potato and apple are tender.
3. Put in a blender to form a smooth soup. Thin out if required with a little more stock.
4. Reheat gently, but do not boil.
5. If you like an apple garnish, fry the apple and ginger gently in the remaining oil or butter until browned and just tender. Add a good pinch of caster sugar and cook for a further 1-2 minutes.
6. Ladle the soup into hot bowls.
7. Drizzle a spoonful of yoghurt or sour cream over each bowl. Add a spoonful of apple (if using) and some chopped coriander.