



## Thai Curry Sweet Potato Soup

(makes 4 servings)

*Chunky, sweet, savoury and creamy all in one spoonful - this is a soup that offers a lot! It also works well with pumpkin in place of the sweet potato. One dieter decided to add the prawns, the chicken and the tofu and reports that the result was something rather special and it has become a firm family favourite!*

### Ingredients

250g sweet potato, peeled and chopped into bite-sized chunks  
1 long, thin red pepper, de-seeded and cut into fine strips  
1 x 400ml tin coconut milk (not 'low fat' as it is liable to split when heated)  
400ml chicken or vegetable stock  
3 teaspoons Thai Red Curry Paste  
12 fresh prawns **or** 1 chicken breast cut into long, thin strips **or** chunks of tofu  
50g fresh basil leaves, chopped or torn (also works well with baby spinach leaves)

### Method

Put the sweet potato, red pepper, coconut milk, stock and Thai Red Curry Paste into a large pot, stir well and bring slowly to the boil.

Reduce the heat and simmer for 20 minutes or until the sweet potato is tender and just beginning to fall apart, this will thicken the soup. You can thicken the soup further by mashing the sweet potato gently.

Add the protein of your choice and stir over a low heat to cook through. The prawns and tofu will only take a couple of minutes, the chicken slightly longer.

Stir in the basil leaves and when just wilted, serve the soup.

You can add more Thai Red Curry Paste before adding the protein if you like a bit more spice.