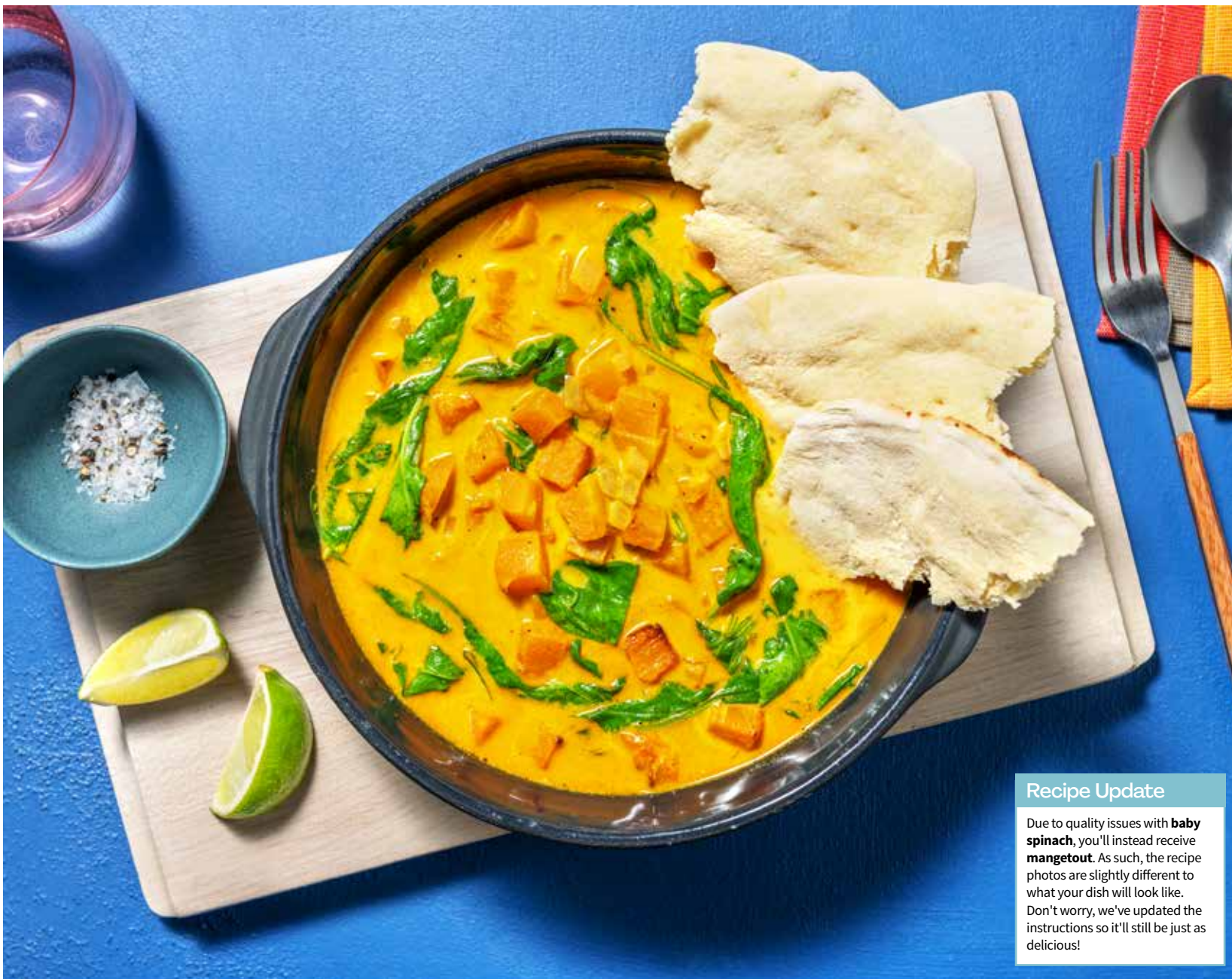














Thai Inspired Sweet Potato and Coconut Soup with Mangetout and Naan Bread

43

Classic 35-40 Minutes • Mild Spice • 4 of your 5 a day • Veggie



-  Sweet Potato
-  Garlic Clove
-  Onion
-  Lime
-  Ginger Puree
-  Yellow Thai Style Paste
-  Coconut Milk
-  Vegetable Stock Paste
-  Plain Naan Breads
-  Mangetout

Recipe Update

Due to quality issues with **baby spinach**, you'll instead receive **mangetout**. As such, the recipe photos are slightly different to what your dish will look like. Don't worry, we've updated the instructions so it'll still be just as delicious!

Pantry Items

Oil, Salt, Pepper, Sugar

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, garlic press and saucepan.

Ingredients

Ingredients	2P	3P	4P
Sweet Potato	2	3	4
Garlic Clove**	1	2	2
Onion**	1	1	2
Lime**	½	1	1
Ginger Puree	15g	22g	30g
Yellow Thai Style Paste	45g	67g	90g
Coconut Milk	200ml	300ml	400ml
Vegetable Stock Paste 10)	10g	15g	20g
Plain Naan Breads 7) 13)	2	3	4
Mangetout**	80g	160g	300g
Pantry	2P	3P	4P
Sugar*	½ tsp	¾ tsp	1 tsp
Water for the Soup*	350ml	525ml	700ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	649g	100g
Energy (kJ/kcal)	3834 /916	591 /141
Fat (g)	31.0	4.8
Sat. Fat (g)	17.4	2.7
Carbohydrate (g)	134.1	20.7
Sugars (g)	28.4	4.4
Protein (g)	22.0	3.4
Salt (g)	3.69	0.57

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 10) Celery 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya,gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Roast the Sweet Potatoes

Preheat your oven to 220°C/200°C fan/gas mark 7.
Chop the **sweet potatoes** into 2cm chunks (no need to peel).

Pop the **diced sweet potatoes** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden and cooked through, 25-35 mins. Turn halfway through.



Bring on the Soup

Pour the **coconut milk**, **veg stock paste**, **sugar** and **water for the soup** (see pantry for both amounts) into the pan.

Bring to the boil, then lower the heat to medium and simmer until starting to thicken, 8-10 mins.

Taste and season with **salt** and **pepper**.



Prep Time

Meanwhile, peel and grate the **garlic** (or use a garlic press).

Halve, peel and chop the **onion** into small pieces.

Cut the **lime** into wedges.



Add the Veg

While the **soup** simmers, put the **naans** onto a baking tray. Sprinkle with a little **water** and pop them into the oven to warm through, 2-3 mins.

Once roasted, add the **sweet potatoes** to the **soup**, then stir in the **mangetout** and cook until tender and piping hot, 2-3 mins.

Add a squeeze of **lime juice**, then taste and add more **salt**, **pepper** and **lime** if needed.



Get Frying

Heat a drizzle of **oil** in a large saucepan on medium-high heat.

Once hot, add the **onion** and fry until softened, 4-5 mins.

Stir in the **garlic**, **ginger puree** and **yellow Thai style paste**. Cook until fragrant, 1 min.



Serve

Share the **sweet potato and coconut soup** out between your bowls.

Serve with the **naans** and any remaining **lime wedges** alongside.

Enjoy!