

Spicy leek, lemongrass & kumara soup



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Preparation 25 mins | Cooking 45 mins | Serves 6

- 1 tbs peanut or rice bran oil
- 2 garlic cloves, crushed
- 2 small red bird's eye chillies, deseeded and finely chopped
- 2 stems lemongrass, trimmed, crushed and chopped
- 2 tbs finely chopped ginger
- 2 leeks, trimmed, halved lengthways and thinly sliced
- 750g Kumara (orange sweet potato), peeled and diced
- 5 cups chicken or vegetable stock
- ½ cup reduced fat coconut cream

STEP 1 Heat oil in a large saucepan over medium heat. Add garlic, chillies, lemongrass and ginger and cook, stirring often, for 1 minute. Add leeks and cook, stirring often, for 4-5 minutes or until leeks are tender.

STEP 2 Add kumara and cook, stirring often, for 3 minutes. Stir in stock, cover and bring to the boil. Reduce heat and simmer, stirring occasionally, for 30 minutes or until vegetables are tender.

STEP 3 Using a stick blender, puree soup until smooth. Stir in coconut cream and season with salt and pepper to taste. Heat soup over low heat until hot. Top with extra sliced chillies to serve if desired.

Good for you... *KUMARA*

One of the few vegetables that provides a source of carbohydrate. This has a low glycaemic index (GI), which means that the carbohydrate is digested slowly to provide long-lasting energy. Like other orange coloured vegetables, kumara is rich in beta carotene, which the body converts to vitamin A.

