



Recipe of the Week

CURRIED SWEET POTATO & CAULI SOUP

Ingredients

1 tab olive oil
1 diced onion
3 crushed garlic cloves
1 tab minced ginger
1 tab curry powder
1 teasp cumin
1 ½ litres vegetable stock
200g raw red lentils, rinsed
1 whole cauliflower, chopped into floret
1 large kumara, peeled and diced
Salt and pepper
Fresh coriander and peanuts to serve

Method

1. Heat oil in a large saucepan and sauté onion and garlic for 5 minutes.
2. Stir in ginger and spices and sauté for 2 minutes until fragrant.
3. Add stock and lentils, stirring to combine.
4. Bring to the boil, then reduce the heat and simmer for 5 minutes.
5. Add kumara and simmer for 20 minutes, add cauliflower and simmer for another 10 minutes until both are tender.
6. Season with salt and pepper, ladle into bowls and top with fresh coriander and/or peanuts.

Recipe courtesy NZ Gardener 2016 Garden Diary