

Recipes and Tips



Roasted Red Pepper and Sweet Potato Soup

Servings: 4

2 red peppers, de-seeded and cut into chunks
500 g sweet potato, roughly cut into small cubes with the skin still on
2 tablespoons olive oil
3 cloves garlic
1 onion, peeled and cut into quarters
2 teaspoons paprika, do not use sweet paprika
500mls stock

Preheat the oven to 180°C fan/ 200°C and line a large baking tray with baking paper.

Place the red peppers, sweet potatoes, onion and garlic onto the baking tray. Sprinkle over the sea salt and drizzle with olive oil. Roast in the oven for 30-40 minutes until the vegetables are soft. There's no need to peel the garlic as it can be squeezed out of its skin when cooked.

Once the veggies are cooked, carefully transfer them to a blender, add some vegetable stock and blend until smooth. If the soup is too thick, add a little more stock or water, then blend again until desired consistency. You may need to do this in batches if you have a small blender.

Transfer the soup to a saucepan, add the paprika, season with salt and pepper and heat up before serving