

Sweet potato & lentil soup

- 2 tsp medium curry powder
- 3 tbsp olive oil
- 2 onions , grated
- 1 eating apple , peeled, cored and grated
- 3 garlic cloves , crushed
- 20g pack coriander , stalks chopped
- thumb-size piece fresh root ginger , grated
- 800g sweet potatoes
- 1.2l vegetable stock
- 100g red lentils
- 300ml milk
- juice 1 lime



Method

1. Put the curry powder into a large saucepan, then toast over a medium heat for 2 mins. Add the olive oil, stirring as the spice sizzles in the pan. Tip in the onions, apple, garlic, coriander stalks and ginger, season, then gently cook for 5 mins, stirring every so often.
2. Meanwhile, peel, then grate the sweet potatoes. Tip into the pan with the stock, lentils, milk and seasoning, then simmer, covered, for 20 mins. Blend until smooth using a stick blender. Stir in the lime juice, check the seasoning and serve, topped with roughly-chopped coriander leaves.