Sweet Potato and Roast Cashew Soup

Ingredients:

500g sweet potatoes, sliced	1L vegetable stock
25g butter	1 tsp red chillies, chopped/.5 tsp dried chillies
1 tbsp root ginger, chopped	175g carrots, sliced
1 tbsp garlic, chopped	175g onions, sliced
50g plain flour	3 tbsp soya sauce
175ml coconut milk	Coriander sprigs
Salt & pepper	250g cashew nuts/any other nuts

Methodology:

1. Boil the sweet potatoes and stock in a saucepan for 15 minutes.

2. Meanwhile, in a large saucepan melt the butter and add the chillies, ginger, garlic, onions & carrots and fry until soft.

3. Mix in the flour with a wooden spoon and cook for 2/3 minutes.

4. Pour in the stock & cooked sweet potatoes and stir well to combine.

5. Liquidise with a hand blender or in the food processor/nutribullet until smooth.

6. Return to the saucepan & cook on a low heat for 15 minutes. At the last minute, add half the soya sauce, all the coconut milk, seasoning and the coriander.

7. While cooking the soup, pour the remaining soya sauce over the nuts, mix well & roast in a hot oven for 10 minutes, turning occasionally. **NOTE**: Be careful not to burn!

8. Serve the soup sprinkled with the nuts & coriander.