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# Sweet potato soup (spicy)

## Ingrediënten

- onion, finely chopped
- 2 cloves garlic, crushed
- 3 cm fresh ginger root, finely chopped
- 1 stalk lemongrass, finely chopped
- 1 red chilli, cut into thin rings, some extra for garnish
- 3 limes, 1 squeezed, 2 cut into wedges
- 1 teaspoon Cocos-olive-palm
- 500 g sweet potatoes (approx. 2 large ones), peeled and cut into large cubes
- 500 ml coconut milk
- 500 to 1000 ml water

## Extra info

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Recept geschikt voor:

4 personen

Moeilijkheid:

Vorbereidingstijd:

minuten

Bereidingstijd:

25 minuten

Totale bereiding:

25 minuten

## Gebruikte producten

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De Amanprana producten die gebruikt zijn bij het maken van sweet potato soup (spicy)

- [Adapto botanico-mix](#)
- [Coconut oil, olive oil and red palm oil](#)

## Bereiding

To make the herb paste put onion, garlic, ginger, lemongrass, chilli, lime juice and half of the oil in the blender and puree until obtaining a smooth mass (add a little water if necessary). Pour the rest of the oil into a deep pan. Add the herb paste and stir-fry on low heat for 5 minutes. Add the sweet potatoes, the coconut milk and the water. Let simmer until the potatoes are cooked. Puree until obtaining a smooth soup. Garnish with the rings of chili and serve with the lime wedges.

## Speciale wensen

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- [Vegetarian](#)
- [Gluten free](#)
- [Vegan](#)
- [Lactose-free](#)