

SPICED SWEET POTATO & LEMON MYRTLE SOUP

<p>1 tbl sp veg oil 1 dsp butter 2-3 (12g) garlic cloves – sliced 2-3 (15g) red chillis – sliced 2cm (15g) piece of ginger – shredded/grated 1 small (120g) onion sliced 1 tsp cumin powder</p>	<p>Sautee in Thermomix for 10mins. @ 100 deg C on speed 1</p>
<p>1.25 Lt vegetable / chicken stock 2 med sweet potato - peeled and diced (about 800g) 6-8 (3g) lemon myrtle leaves</p> <p>Salt 1 cup Cream (optional)</p>	<p>Add and cook for 20 mins. @ 95 deg C on speed 1 (gentle simmer)</p> <p>When cooked blend on high speed for a few seconds to puree.</p> <p>Season to taste, and add cream if using. Strain.</p> <p>Garnish with chopped coriander and lemon myrtle leaf</p>