

Sweet Potato Thai Curry Soup with Turkey and Coriander (increased energy)



Yields: 6 Serves. (460g per serve)

Nutrition per Serve:

Energy 2463kj (588Kcals), protein: 20g, total fat: 41g, saturated fat: 16g, carbohydrate: 32g, dietary fibre: 10g, Sodium: 125mg/100g

Ingredients

-) Olive oil x 3 tablespoons
-) Garlic x 6 cloves
-) Brown onion x 1 large onion or 100g
-) Five Tastes Thai Red Curry Paste x 2 tablespoons
-) Sweet potato x 3 medium size or 1125g peeled weight
-) Vegetable stock x 3 cups or 750ml – (you can use chicken stock, but this may increase sodium content) (Choose reduced salt)
-) Coriander x 1 bunch
-) Raw turkey mince x 400g
-) Coconut cream x 1.5 cups
-) Pepper to taste

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Method

1. Peel and dice the sweet potato into 3cm cubes
2. Finely dice the garlic and onion and set aside
3. Carefully wash the coriander to remove dirt and grit; reserve some whole leaves aside for garnish
4. Roughly chop the coriander into 1 cm pieces and roughly separate the stems from the leaves because each item is added at separate times of the cooking process.
5. With a 7 litre pot over low heat, add olive oil and saute the onion and garlic being careful not to brown.
6. Add the coriander stems and saute. (The main reason to add the stems at this stage is that the stems are hearty and can withstand the heating process while releasing its flavours)
7. Add the Five Taste curry paste and stir and cook for 2 minutes until fragrant starts to come out
8. Add sweet potato and stir
9. Pour in the vegetable stock and coconut cream
10. Cook until the sweet potato is tender
10. Take the pot off the heat and use a stick blender to puree the soup (optional); you may need to add some extra water to your required consistency
11. At this stage, add the remaining coriander and stir in well and set soup aside.
12. In a hot pan, add the minced turkey a bit at a time and cook until done. What you are aiming for is a crumbly texture of the cooked turkey.
13. Once the turkey is cooked, add it to the sweet potato pot and stir in well.
14. Use the remaining coriander leaves as garnish and serve.

Season to taste

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