

3 red peppers, deseeded and sliced  
into 8 wedges each  
2 onions, peeled and sliced into 8 wedges each  
1kg (2lb 3oz) sweet potatoes, peeled and  
chopped into 3cm (1¼in) cubes  
4 cloves garlic, peeled  
2 tablespoons olive oil  
450ml tub fresh beef or vegetable stock  
400ml tin coconut milk  
55g (2oz) toasted coconut shavings\*  
25g pack fresh coriander, leaves chopped,  
reserving a few sprigs for garnish  
salt and freshly ground black pepper

\* For a special occasion, use fresh coconut prepared as follows: pierce the 'eye', then drain off and reserve the liquid (use it in the soup, in place of the boiling water). Place the coconut inside 2 carrier bags, then bash it on a very hard surface to break the shell. Discard the shell, leaving the thin brown inner skin behind. Shave 55g (2oz) – about half the coconut – into broad strips, using a peeler. Spread out on a universal tray and toast on shelf 4 for 6-8 minutes while you roast the vegetables. Cool, then use to garnish. The remaining coconut is delicious served fresh in fruit salads.

# Red pepper & sweet potato soup



180°C

Serves 6 (as a starter)

**Prep time: 25 mins Cook time: 35 mins**

- 1 Place the peppers, onions, sweet potatoes and garlic in a universal tray, drizzle with the oil and season well.
- 2 Roast on shelf 1 at 180°C CircoTherm® for 25-30 minutes, turning occasionally, until the sweet potato is tender.
- 3 Transfer the roasted vegetables to a large saucepan and add the stock, coconut milk and 500ml (1 pint) boiling water. Liquidise in batches until smooth.
- 4 Gently heat the soup through on the hob, then check the seasoning. Ladle into warm bowls, garnish with the coconut shavings and coriander sprigs and serve straightaway. Pass the chopped coriander around so people can stir in more if they want to.

**Cook's tip:** this recipe perfectly illustrates the benefits of roasting vegetables using CircoTherm®. The moist heat caramelises the vegetables as they cook, intensifying their natural sweetness and preserving their rich colours to create a really vibrant soup.

