



U C O O K

— COOKING MADE EASY

TOMATO & ROAST SWEET POTATO SOUP

**with spicy gochujang & a cheesy country
loaf toastie**

Nothing warms the body and soul like a luxurious tomato soup. With added vitality from sweet potato, gochujang paste, crème fraîche, and a crunchy Schoon country loaf crammed with gooey mozzarella.

Hands-On Time: 25 minutes

Overall Time: 50 minutes

Serves: 1 Person

Chef: Lauren Todd

 **Vegetarian**

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Ingredients & Prep

250g	Sweet Potato peeled & cut into bite-size chunks
1	Onion one half peeled & diced
10ml	Vegetable Stock
15ml	Tomato Paste
200g	Cooked Chopped Tomato
20ml	Gochujang Paste
100ml	Crème Fraîche
2	Slices of Schoon Country Loaf
75g	Grated Mozzarella
3g	Fresh Chives rinsed & finely sliced

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Butter
Blender
Water
Paper Towel

1. ROAST THE SWEET POTATO Preheat the oven to 200°C. Spread out the sweet potato chunks on a roasting tray, coat in oil, and season. Roast in the hot oven for 20-25 minutes until cooked through and crisping up, shifting halfway.

2. ALL SOUPED UP Boil the kettle. Place a large pot (that has a lid) over a medium-high heat. When hot, fry the diced onion for 2-3 minutes until soft and translucent. Add the vegetable stock, cooked chopped tomatoes, and tomato paste. Stir in the gochujang paste to taste (it's spicy!) and season. Pour in 300ml of boiling water and stir through. Pop on the lid and bring to the boil. Once boiling, reduce the heat and gently simmer with the lid on for 10-15 minutes until thickened and reduced.

3. SMOOTH & CREAMY When the soup has reduced, add in the cooked sweet potato. Pour the soup and sweet potato into a blender or food processor and blend until smooth. Return the soup to the pot and stir through three-quarters of the crème fraîche, reserving a little for garnish. Season to taste. Pop on the lid and keep warm over a low heat, stirring occasionally if necessary.

4. TOASTIE TIME Butter both slices of country loaf on one side. Place a pan over a medium heat. When hot, place one slice in the pan, buttered-side down. Sprinkle the grated mozzarella and some seasoning on top. Close up with the other slice, buttered-side up. Allow the toastie to grill on one side for 2 minutes until beginning to brown. Flip over and grill for 2 minutes on the other side. On completion, the bread should be golden and the cheese melted. Allow to drain on some paper towel before serving.

5. WARM THE BELLY & THE SOUL Fill up a bowl with tomato and roast sweet potato soup. Stir through the remaining crème fraîche and garnish with a sprinkle of fresh, chopped chives. Serve the cheese toastie on the side for dunking. Scrumptious, Chef!



Chef's Tip

Tomatoes are high in Lycopene, a carotenoid that is a powerful antioxidant, reducing oxidative stress and damage to the cells in the body, caused by free radicals

Nutritional Information

Per 100g

Energy	561kJ
Energy	134Kcal
Protein	4.1g
Carbs	14g
of which sugars	5.3g
Fibre	2.2g
Fat	6.7g
of which saturated	4.1g
Salt	0.8g

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites, Sugar Alcohol (Xylitol), Soy

Cook
within 1
Day