



UCOOK

Sweet Potato & Tomato Soup

with a cheese toastie

Forget that powder-based soup packet and join us in making a tomato soup that will have you smiling with every inviting sip. Oven-roasted sweet potato is swirled with a duo of tangy tomato ingredients, spiced with gojuchang & rich vegetable stock. Finished with crispy onion bits and a pan-toasted cheese toastie.

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Ella Nasser

Veggie

 Painted Wolf Wines | The Pack Solo
Roussanne 2023

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

200g	Sweet Potato Chunks
5ml	Vegetable Stock
1	Onion <i>peel & roughly dice</i>
150g	Cooked Chopped Tomato
15ml	Tomato Paste
10ml	Gochujang
50ml	Crème Fraîche
2	White Farmstyle Bread Slices
50g	Grated Mozzarella Cheese
20ml	Crispy Onion Bits

From Your Kitchen

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

1. SWEET ROAST & STOCK Preheat the oven to 200°C. Boil the kettle. Spread the sweet potato chunks on a roasting tray, coat in oil, and season. Roast in the hot oven until cooked through and crispy, 30-35 minutes (shifting halfway). Dilute the stock with 300ml of boiling water.

2. LAYERS OF FLAVOUR Place a pot (with a lid) over medium-high heat. When hot, fry the diced onion until soft and translucent, 2-3 minutes. Add the diluted stock, the cooked chopped tomato, and the tomato paste. Stir in the gochujang (to taste - it's spicy!) and season. Pop on the lid and bring to a boil. Once boiling, reduce the heat and gently simmer with the lid slightly on until thickened and reduced, 10-15 minutes.

3. BLEND, STIR, SEASON When the soup has reduced, place the soup and the roasted sweet potato into a blender and pulse until smooth. Loosen with a splash of water if too thick. Return the soup to the pot and stir through 3/4 of the crème fraîche, reserving a little for styling later. Season. Pop on the lid and keep warm over low heat (stirring occasionally, if necessary).

4. CHEESE TOASTIE Butter the bread slices. Place a pan over medium heat with a knob of butter. When hot, place one slice in the pan, buttered-side down. Sprinkle over the grated mozzarella and season. Close up with the other slice, buttered-side up. Allow the toastie to grill on one side until starting to brown, 2 minutes. Flip over and grill the other side until the bread is golden and the cheese is melted, 2 minutes. Drain on paper towel before serving.

5. SOUP'S UP! Bowl up the tomato & sweet potato soup. Swirl through the remaining crème fraîche and scatter over the crispy onion bits. Serve the cheese toastie on the side for dunking. Scrumptious, Chef!



Chef's Tip

Air fryer method: Coat the sweet potato chunks in oil and season. Air fry at 200°C until cooked through and crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	616kJ
Energy	147kcal
Protein	3.5g
Carbs	19g
of which sugars	5.2g
Fibre	1.8g
Fat	5.9g
of which saturated	3.1g
Sodium	292mg

Allergens

Gluten, Allium, Wheat, Sulphites, Sugar
Alcohol (Xylitol), Soy, Cow's Milk

Eat
Within
3 Days