



UCCOOK

Roast Tomato & Sweet Potato Soup

with spicy gochujang & a gooey grilled cheese toastie

Nothing warms the body and soul like a luxurious tomato soup. The sweet potato adds vitality, and a little kick of gochujang paste completes a beautiful flavour profile. The edges are smoothed with creamy crème fraîche, and a crunchy Schoon country loaf crammed with gooey mozzarella.

Hands-On Time: 25 minutes

Overall Time: 50 minutes

Serves: 2 People

Chef: Ella Nasser

 Vegetarian

 Cavalli Estate | White Knight

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Ingredients & Prep

500g	Sweet Potato <i>peeled & cut into bite-sized chunks</i>
20ml	Vegetable Stock
2	Onions <i>peeled & diced</i>
400g	Cooked Chopped Tomato
30ml	Tomato Paste
40ml	Gochujang Paste
200ml	Crème Fraîche
4	Schoon Country Loaf Slices
150g	Grated Mozzarella
5g	Fresh Chives <i>rinsed & finely sliced</i>

From Your Kitchen

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

1. ROASTY SWEET POTATOES Preheat the oven to 200°C. Boil the kettle. Spread out the sweet potato chunks on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway. Dilute the stock in 250ml of boiling water.

2. ALL SOUPED UP Place a large pot with a lid over a medium-high heat. When hot, fry the diced onion for 3-4 minutes until soft and translucent. Add the diluted vegetable stock, cooked chopped tomatoes, and tomato paste. Stir in the gochujang paste to taste (it's spicy!) and season. Pop on the lid and bring to the boil. Once boiling, reduce the heat and gently simmer with the lid slightly on for 10-15 minutes until thickened and reduced.

3. CREAMY & OH SO DREAMY When the soup has reduced, add in the roasted sweet potato. Pour the soup and sweet potato into a blender and pulse until smooth. Return the soup to the pot and stir through $\frac{3}{4}$ of the crème fraîche, reserving a little for dolloping. Season to taste. Pop on the lid and keep warm over a low heat, stirring occasionally if necessary.

4. TOASTIE TIME Butter the country loaf slices on one side. Place a pan over a medium heat with a knob of butter. When hot, place one slice in the pan, buttered-side down. Sprinkle the grated mozzarella and some seasoning, we'd even recommend a little paprika, 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 paper towel before serving.

5. SOUL WARMING FEAST! Fill up bowls with tomato and roast sweet potato soup. Swirl 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!

Nutritional Information

Per 100g

Energy	579kJ
Energy	138Kcal
Protein	4.2g
Carbs	13g
of which sugars	5.3g
Fibre	2.2g
Fat	7.3g
of which saturated	4.4g
Sodium	293mg

Allergens

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

Cook
within 1
Day