



UCOOK

Vegetarian Sweet Potato & Leek Soup

with sourdough croutons

Never underestimate the power of a nourishing soup, Chef! By oven-roasting the sweet potato first, we add that sweet, caramelised, smoky twang that a boil-only method won't. Layered with flavours of leek, white wine & nutmeg and topped with crispy homemade sourdough croutons.


Hands-on Time: 40 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Samantha du Toit

Fan Faves

 Cathedral Cellar Wines | Cathedral Cellar-
Savignon Blanc 2022

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

Ingredients & Prep

750g	Sweet Potato <i>rinse, peel & cut into small bite-sized pieces</i>
8g	Fresh Thyme <i>rinse & pick</i>
3	Sourdough Baguettes <i>tear into chunks ¾</i>
3	Garlic Cloves <i>peel & grate</i>
300g	Leeks <i>cut in half lengthways, rinse thoroughly & roughly slice</i>
90ml	White Wine
7,5ml	Ground Nutmeg
30ml	Vegetable Stock
180ml	Fresh Cream

From Your Kitchen

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

1. THYME TO START Preheat the oven to 200°C. Spread the sweet potato pieces on a roasting tray. Coat in oil, the picked thyme, and seasoning. Roast in the hot oven until golden, 20-25 minutes (shifting halfway).

2. CRISPY CROUTONS Toss the bread chunks in a drizzle of olive oil, ½ the grated garlic, and seasoning. Place a pan over medium heat. When hot, toast the bread until crispy, 4-5 minutes (shifting occasionally). Remove from the pan and drain on paper towel.

3. NOW FOR THE SOUP When the roast has 5 minutes remaining, boil the kettle. Place a pot (big enough for the soup) over medium-high heat with a drizzle of oil or a knob of butter (optional). When hot, fry the sliced leeks until soft, 3-4 minutes (shifting frequently). Deglaze the pan with the wine until almost all evaporated. Add the roasted sweet potato, the remaining garlic, the nutmeg, the stock, and 1.2L of boiling water. Simmer until slightly reduced, 10-12 minutes.

4. SMOOTH OPERATOR When the soup has reduced, add ¾ of the cream. Place into a blender and pulse until smooth. Season.

5. BOWL UP AND BOWL 'EM OVER Bowl up the sweet potato & leek soup. Scatter over the garlic croutons. Drizzle over the remaining cream.

Nutritional Information

Per 100g

Energy	630kJ
Energy	151kcal
Protein	3.7g
Carbs	22g
of which sugars	4.5g
Fibre	1.8g
Fat	4.5g
of which saturated	2.5g
Sodium	387mg

Allergens

Gluten, Allium, Wheat, Sulphites,
Alcohol, Cow's Milk

Eat
Within
4 Days