

# Sweet Potato and Lentil Soup

## Requisition of Equipment

2 blue trays, vegetable knife, safety mat, digital scale (optional), digital timer, brown chopping board, small mixing bowl for peelings, large saucepan, wooden spoon, measuring jug, metal spoon, measuring spoon, teaspoon, food blender. Colander, plate, sieve, vegetable peeler

## Method

Time	Steps
<b>Step 1</b> 15 min	Personal and kitchen hygiene. Collect equipment. Weigh/measure ingredients. RE SET TIMER.
<b>Step 2</b> 20 min	Wash, peel, rewash and chop the sweet potato – using a colander. Remember to place your safety mat underneath the brown chopping board. Peel and chop the onion. De-seed and finely chop the chilli. Wash your hands after touching the chilli! Place lentils into your sieve and rinse under running water. Leave to drain on a plate. RE SET TIMER.
<b>Step 3</b> 10 min	Heat oil (turn hob to number 6 and place a piece of onion into the oil. AS SOON AS THE OIL STARTS TO SIZZLE, turn the hob down to number 3 and add the chopped onions and chilli. Cook until soft BUT NOT COLOURED. RE SET TIMER.
<b>Step 4</b> 3 min	Add the chopped sweet potato and continue to cook for 2 minutes. RE SET TIMER.
<b>Step 5</b> 30 min	Add the lentils and stock and bring to the boil (turn the hob up to number 6). Now turn the hob down to number 3 and simmer for 25 to 30 minutes until the sweet potato is soft. Start washing up and packing away. RE SET TIMER.
<b>Step 6</b> 5 min	Remove the soup from the heat and carefully pour into the food blender. Make sure the lid is on tightly. Blend until smooth. Add coconut milk and blend again. Taste and season accordingly. RE SET TIMER.
<b>Step 7</b> 10 min	Place soup into container and then into blast chiller. Do a final clean up. Sweep floor. Spray down counter. Set out washing and drying clothes for the next class.



## Ingredients

1 large OR 2 medium size sweet potato/es

½ onion

5ml fresh chilli (**school**)

50g lentils (**school**)

10ml oil (**school**)

1 vegetable stock cube + 400ml water (**school**)

50ml coconut milk (**school**)

**CONTAINER**