

Sweet Potato and Lentil Soup

Method

1. Fill the kettle with water and turn it on (ready for later)
2. Wash the sweet potatoes
Use a colander and a plate to catch drips
3. **Peel** the sweet potatoes
Use a small bowl for peelings
4. **Roughly chop** the sweet potatoes **[A]**
Use a brown chopping board and a safety mat
Medium sized pieces are fine, don't waste time chopping small
5. **Peel** the onion
Use the small bowl for peelings
6. **Roughly chop** the onion
Use the brown chopping board
Move the chopped potatoes to a plate if they are in your way
Onion doesn't need to be perfect, it's going to be blended later
7. **De-seed and finely chop** the chilli
Use the brown chopping board
Cut chilli along its length to open and scrape out seeds
! Wash your hands after touching the chilli
8. Use a sieve to wash the lentils under cold running water. Leave them to drain on a plate **[B]**
A sieve is used due to lentils being too small for a colander
9. In a measuring jug, prepare 400ml of vegetable stock **[C]**
Crush the stock cube, add boiling water and stir until fully dissolved
10. Add oil and 1 piece of onion to the saucepan
11. Heat the oil to the correct frying temperature
! Heat on number 6 but immediately turn down to 3 when test piece of food sizzles – stay focussed
12. Add onions and chilli and **gently fry** for 1 to 2 minutes
You do not want the onions to brown, just soften
13. Add the chopped sweet potato and continue to cook for 2 minutes
14. Add the lentils and stock
15. Bring to the **boil** then **simmer** until the sweet potatoes are soft
Control heat as necessary
! Do not let the soup dry out, add a little water if needed
Use a vegetable knife to check for readiness
16. Turn off the heat and allow the soup to cool for a few minutes
17. Use a ladle to transfer the soup to the food blender **[D]**
18. Add the coconut milk then secure the lid
! Make sure the lid is on tightly
19. **Blend** until smooth **[E]**
Add a small amount of water if the soup is struggling to blend
20. Taste and season accordingly

Ingredients

- 1 large or 2 medium sized sweet potatoes
- 0.5 onion
- 1 vegetable stock cube (400ml)
- 1 small fresh chilli (0.5 tsp)
- 50g lentils (school)
- 50ml coconut milk (school)
- 2 tsp oil (school)
- Salt and pepper (school)
- Container

Equipment

- Blue tray
- Vegetable knife
- Safety mat
- Digital scales
- Digital timer
- Wooden spoon
- Dessert spoon
- Measuring spoons
- Teaspoon
- Vegetable peeler
- Ladle
- Blender
- Colander
- Plate
- Sieve
- Measuring jug
- Brown chopping board
- Small mixing bowl
- Large saucepan

Key Moments



[A] Potatoes roughly chopped into medium sized pieces



[B] Use a sieve to wash the lentils. Leave to drain on a plate



[C] 400ml of vegetable stock



[D] Use a ladle to transfer the soup



[E] Smooth blended soup