

## Sweet Potato, Chestnut and Coriander Soup

*Feeling adventurous? Why not try this sweet potato, coconut cream and chestnut soup. Guaranteed to fill you up for dinner. The chestnuts thicken the soup and add a creamy nutty flavour, making the soup both nourishing and filling.*

### Ingredients

500g Sweet Potato (*peeled and diced*)

700g Fresh Chestnuts

4 French Shallots (*finely diced*)

30 ml Olive Oil (*I used Cobram Estate Garlic infused olive oil*)

Lemon grass (*I used Gourmet Garden lemon grass paste – 1 teaspoon*) – equivalent to 1 tablespoon of chopped fresh lemon grass

Bunch of Fresh Coriander (*stems and leaves chopped*) Reserve a few leaves for garnish

400ml Can Coconut Milk

1 litre Chicken Stock

Salt and Pepper

Score the chestnuts, roast and peel. Or score, boil and peel the chestnuts.

Fry the shallots, lemon grass and coriander in the olive oil.

Add the sweet potato and chestnuts, cook for about 5 minutes. Add the coconut milk and chicken stock, bring to the boil then simmer for 10 minutes.

Blend.

Season and serve garnished with some coriander leaves.

Serves four hungry chestnut pickers.

This soup is gluten free, packed with beta-carotene (Vitamin A), contains Vitamin C, lots of fibre, Vitamin B6 and Vitamin D just to name a few....this soup is good for you.