ÖLMÜHLE SOLLING

Sweet potato soup with coconut oil

Ingredients required for 4 persons

Preparation time 25 minutes

Difficulty medium

Ingredients

3	sweet potatoes
2	carrots
1	onion
1	clove of garlic
1 Stück	ginger
2 EL	coconut oil
200 ml	vegetable broth
200 ml	coconut milk
2 EL	lemon juice
	salt and pepper
1 TL	ginger lemongrass spice oil
0.5 TL	chili spice oil
2 TL	creme fraîche

Preparation

Peel and roughly chop the sweet potatoes and carrots. Dice onion, garlic and ginger and brown in a large pot with coconut oil. Add sweet potatoes and carrots and cook for a few minutes. Deglaze with vegetable broth. Boil up briefly and simmer over medium heat for 10 minutes. Mix with a hand blender. Stir in coconut milk and simmer for a few minutes. Season with lemon juice, salt and pepper. Refine with ginger lemongrass spice oil. Garnish with crème fraîche and a few drops chili spice oil if desired.