



Coconut Caribbean Style Soup with Sweet Potato and Kidney Beans

Classic 35 Minutes • Mild Spice • 2 of your 5 a day

19



Sweet Potato



Caribbean Style Jerk



Spring Onion



Garlic Clove



Bell Pepper



Lime



Kidney Beans



Poudre de Colombo



Finely Chopped Tomatoes



Coconut Milk



Vegetable Stock Paste



King Prawns

Pantry Items

Water

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, garlic press, zester, sieve and saucepan.

Ingredients

	2P	3P	4P
Sweet Potato**	2	3	4
Caribbean Style Jerk 9)	1 sachet	1 sachet	2 sachets
Spring Onion**	3	4	6
Garlic Clove**	2	3	4
Bell Pepper***	1	1	2
Lime**	½	1	1
Kidney Beans	1 carton	2 cartons	2 cartons
Poudre de Colombo 9)	1 pot	1 pot	2 pots
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Water for the Sauce*	100ml	150ml	200ml
Coconut Milk	400ml	600ml	800ml
Vegetable Stock Paste 10)	10g	15g	20g
King Prawns** 5)	150g	225g	340g

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	913g	100g
Energy (kJ/kcal)	3649/872	400/96
Fat (g)	43	5
Sat. Fat (g)	35	4
Carbohydrate (g)	92	10
Sugars (g)	32	4
Protein (g)	18	2
Salt (g)	2.64	0.29
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	988g	100g
Energy (kJ/kcal)	3869/925	392/94
Fat (g)	43	4
Sat. Fat (g)	35	4
Carbohydrate (g)	92	9
Sugars (g)	32	3
Protein (g)	30	3
Salt (g)	3.54	0.36

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

5) Crustaceans 9) Mustard 10) Celery

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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Roast the Sweet Potato

Preheat your oven to 200°C. Chop the **sweet potato** into 2cm chunks (no need to peel). Pop the **chunks** onto a large baking tray. Drizzle with **oil**, sprinkle over half the **Caribbean style Jerk**, then season with **salt** and **pepper**. Toss to coat, then spread out in a single layer. **TIP: Use two baking trays if necessary.** When the oven is hot, roast on the top shelf until golden and cooked through, 25-35 mins. Turn halfway through.



Get Prepped

Meanwhile, trim and thinly slice the **spring onions**. Peel and grate the **garlic** (or use a garlic press). Halve the **pepper** and discard the core and seeds. Chop into small 2cm pieces. Zest and halve the **lime**. Drain and rinse the **kidney beans** in a sieve.



Build the Flavour

Heat a drizzle of **oil** in a large saucepan on medium heat. Add **half** the **spring onion** and fry until softened, 2-3 mins. Add the **pepper** and cook, stirring, for 4-5 mins more. Once the **pepper** has softened slightly, stir in the **garlic**, **poudre de Colombo** and the remaining **Caribbean style Jerk**. Cook for 30 secs, then stir in the **kidney beans** and **chopped tomatoes**.



Simmer the Soup

Pour the **water for the sauce** (see ingredients for amount) into the pan, then stir in the **coconut milk** and **vegetable stock paste**. Season with **salt** and **pepper** and bring the **soup** to a gentle simmer. Stir together and cook until thickened, 10-12 mins.

CUSTOM RECIPE

If you've chosen to add **king prawns** to your meal, add the **prawns** to the soup 4 mins before it's cooked. Simmer for 3-4 mins. **IMPORTANT: Wash your hands and equipment after handling raw prawns. The prawns are cooked when pink on the outside and opaque in the middle.**



Add the Sweet Potatoes

Once the **soup** has thickened, remove from the heat. Stir through the **roasted sweet potatoes** and squeeze in **half** the **lime juice**. Taste and add more **lime juice**, **salt** and **pepper** if needed. Add a splash of **water** to loosen the **soup** if it looks too thick.



Serve

When ready, serve your **Caribbean style soup** in bowls with the remaining **spring onions** and the **lime zest** sprinkled on top.

Enjoy!