



SWEET POTATO, ORANGE, FENNEL AND CORIANDER SOUP WITH COCONUT OIL

Hot Soup Program

Serves 6 – Preparation time: 20 min – Cooking time: 30 min

1 clove of garlic
coconut oil and coconut milk
2-3 sweet potatoes
1-2 oranges
(retain a few slices for decoration)

1 bulb of fennel
anise seeds
1 bunch of coriander
(reserve a few sprigs)
chicken stock

Sweat the garlic in the coconut oil
Chop the sweet potato into cubes and add it to the garlic and coconut oil.
Lightly brown. Add the fennel and lightly brown.
De-glaze with the orange juice. Lightly caramelize.
Add some water, the stock, and anise seeds. Cover and cook over a low heat.
Pour everything into the blender, add the coriander and coconut milk, and select the “hot soup” function.
Pour into a bowl and decorate with some coriander sprigs and orange slices.

NUTRITIONAL BENEFITS:

Sweet potatoes have a lower glycaemic index than potatoes. This leads to a lower discharge of insulin and lower sugar levels. When it comes to keeping trim and in good health, it is the glycaemic index (not calories) that matters! Sweet potato is also rich in beta-carotene, a precursor to vitamin A, which is important for vision, the immune system, skin health and the mucus membranes. Coconut oil promotes better absorption of this fat-soluble vitamin. Fennel seed facilitates digestion and imparts a pleasant aniseed taste, which perfectly complements the orange and sweet potato flavours.