

# Roast sweet potato & tomato soup

*A simple but brightly flavoured meal-in-one. Particularly good made with the stock from cooking gammon (see page 27).*

**Serves** 6

**Prepare** 15 minutes

**Cook** 50 minutes

- 600g pack **Evangeline Sweet Potatoes**, scrubbed
- 1 medium onion, cut into 6 wedges
- 4 cloves garlic, unpeeled and bashed
- 8 sprigs thyme
- 1 tsp caster sugar
- 4 tbsp extra virgin olive oil
- 400g can cherry tomatoes
- 500ml ham, chicken or vegetable stock
- 1 tsp sea salt flakes
- ¼ x 20g pack sage, leaves picked
- 3 tbsp mixed seeds

**1** Preheat the oven to 200°C, gas mark 6. Cut the sweet potatoes into 4cm-thick discs (leaving the skin on). Spread in 1 layer on a baking tray, dotting the onion wedges, garlic and thyme in the gaps. Sprinkle over the sugar and drizzle with 3 tbsp oil. Turn the vegetables to ensure they're all coated, then roast for 35-40 minutes until the sweet potatoes are soft and slightly caramelised.

**2** Transfer the roast vegetables to a large pan, discarding the papery bits of garlic and any woody pieces of thyme. Add the cherry tomatoes, stock and 500ml water. Bring to the boil, then simmer for 5 minutes. Use a stick blender or upright blender to whizz to a silky soup (take care as it will be hot); season with the salt. Heat the remaining 1 tbsp oil in a small pan over a medium heat, then fry the sage leaves until golden (2-3 minutes); transfer to a plate lined with kitchen paper. Lower the heat slightly, then toast the seeds in the same pan for a few minutes; transfer to the plate. Divide the soup among 6 bowls and top with the sage and seeds.



**LOW IN SATURATED FAT**

**Per serving** 1115kJ/267kcal/14g fat/2.2g saturated fat/  
27g carbs/10g sugars/4.7g fibre/6g protein/1.5g salt

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