



HARISSA SWEET POTATO & SQUASH SOUP

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

- 1 tablespoon avocado oil
- 1 large onion, sliced
- 1 leek sliced
- 2 garlic cloves, crushed
- 2 large sweet potatoes, scrubbed
- 200g butternut squash
- 400ml vegetable or chicken stock
- 400ml coconut milk
- 1 tablespoon almond butter
- 1-2 tablespoon rose harissa paste

METHOD

1. Heat the avocado oil in a large shallow pan and add the chopped onion and leek.
2. Cook for about 8-10 minutes until soft and slightly golden and then add the garlic for a few minutes.
3. Add the sweet potatoes and butternut squash. I don't bother peeling the sweet potatoes.
4. Stir in the vegetable stock and bubble everything together for 20 minutes.
5. Add the coconut milk and stir in the almond butter and harissa paste. Adjust the amount of harissa depending on personal preference. We like it spicy and so use 2 tablespoons.
6. Simmer gently until the sweet potato and squash is soft. Timing will depend on how small they were chopped.
7. When the sweet potato and squash is soft blitz the soup in a blender.

For more recipes visit www.thehealthboost.co.uk