

SWEET POTATO SOUP WITH CHILI AND SAUTÉED HALLOUMI AND SEEDS



INGREDIENTS

3 tbsp Chili infused oil plus extra for drizzling
2 leeks trimmed and chopped
500g frozen diced sweet potato
900ml Hot Chicken stock*
410g Can of chickpeas
125g Pittas Halloumi Cheese
5 tbsp 5 seed mix
2 tbsp Flat Leaf Parsley
* vegetarians can use vegetable stock instead of chicken stock

METHOD

Heat 2 tablespoons of the chilli oil in a large saucepan and gently fry the leeks for 5 minutes until softened.

Add the sweet potatoes and fry, stirring, for a further 3 minutes.

Add the stock and bring to the boil. Reduce the heat, cover and simmer gently for 5 minutes. Tip in the chickpeas and cook for a further 5 minutes.

Meanwhile, drain the cheese, then dice and pat dry on kitchen paper. Heat the remaining oil in a small frying pan and gently fry the cheese, stirring, for 1 minute.

Tip in the seeds and continue to fry, stirring, for a further 1-2 minutes or until the cheese is just beginning to colour.

Using an electric hand blender or potato masher, blend the soup until the vegetables are crushed but not fully mashed. Serve into bowls and scatter with the Halloumi cheese and seeds. Sprinkle with the parsley and a drizzle of extra chilli oil. Serve with a brown batch loaf.



Cook's tips

This soup can be made using canned beans or lentils, instead of chickpeas. Halloumi cheese is ideal for grilling, frying or barbecuing. When cooked, the outside hardens while the inside stays soft.