

## Spicy Peanut Soup

1 tsp extra virgin peanut oil  
1 cup onions, finely chopped  
1 tsp red chilli, finely chopped

1 tsp fresh ginger, finely grated  
½ cup carrots, diced  
1 cups sweet potato, diced  
½ Lt chicken stock

1 cup tomato juice  
½ cup peanut paste  
1 tsp sugar

natural yoghurt  
peanuts, chopped  
fresh chives, cut into sticks

1. Fry onion and red chilli in peanut oil until tender.
2. Add ginger, carrots, sweet potato and chicken stock. Simmer until all ingredients are cooked and tender.
3. Add tomato juice, peanut butter and sugar.
4. Bring back to the boil, season and then blend until smooth.
5. Serve with a dollop of natural yoghurt, sprinkle on chopped peanuts and chives.

Makes 4 serves