



## Sweet potato and Red Papaya Soup with ginger and kombucha

Recipe created by Lou Edney for Ruby Rise Papaya: Test kitchen preview!!!

This speedy, nourishing soup promises an amazing flavour profile, more complex than you would anticipate. I used a "just-ripe" Ruby Rise Papaya and a fairly flavourful home-made kombucha which highlighted the ginger and fruitiness of the soup. My version is quite thick so it makes for quite a satisfying meal on its own.

Makes 1.5 - 2 litres

### Ingredients

40ml Olive oil  
1 Spanish Onion, diced  
1 Leek, sliced  
4 large cloves garlic, chopped  
1 large knob ginger (2 tablespoons finely chopped)  
550g Red Sweet potato - skin on, 2cm dice  
600g Red Papaya flesh, 3cm dice  
2 teaspoons sea salt flakes  
375ml Kombucha\* (preferably home-made)  
500ml Water to thin (optional)

### Method

In a 4 litre saucepan, saute onion and leeks in olive oil over medium-high heat for around 10-12 minutes or until both are soft and fragrant. Do not brown and reduce heat if starting to brown.

Reduce heat to medium and stir in garlic and ginger for around 2 minutes.

Add the sweet potato and stir for 2 minutes.

Add the red papaya, stir and fit with a lid. Cook for 2 minutes and stir.

Repeat, cooking with the lid on for around 15 minutes. The papaya will start to cook down creating a little liquid but not a lot so be sure to check and stir every 3 minutes or so.

Once the sweet potato is cooked add in the salt and transfer to a food processor or blender.

Process until smooth. Pour in the kombucha and process again until smooth and creamy.

I like it just like this but it is thick.

You taste it and please adjust as desired with salt and pepper, stock, water or milk of choice.

Optional: Garnish with finely sliced green spring onion ends, crispy fried shallots or pepitas.