

Vegetable Mulligatawny Soup

Serves: 4

Prep time: 20 minutes

Cook time: 120 minutes

 2 ½ serves per portion

Ingredients

2 tablespoons olive oil
1 large onion, finely chopped
3 cloves garlic, finely chopped
1 teaspoon garam masala
1 ½ tablespoons curry powder
400g can diced tomatoes
1 ½ litres chicken stock
½ cup brown rice, uncooked
1 green apple, finely diced
1 carrot, finely diced
1 parsnip, finely diced
1 sweet potato, finely diced
2 cups cooked shredded chicken
Salt and pepper, to taste
4 tablespoons light Greek style yoghurt
½ cup fresh coriander leaves, roughly chopped (optional)

Method

HEAT oil in a large pot over high heat, add onion and garlic and cook for 2-3 minutes.
ADD garam masala, curry powder and tomatoes and cook, stirring, until the spices are fragrant.
ADD stock and rice then cover and keep the pot at a simmer for 1 ½ hours, stirring occasionally.
ADD apple, carrot, parsnip and sweet potato and simmer for a further 30 minutes.
SEASON with salt and freshly ground black pepper to taste.
STIR through shredded chicken.
SERVE with a dollop of yoghurt and garnish with coriander.



Everyday Food

Recipe courtesy of the Country Kitchens team