

Mulligatawny Soup

This is a richly flavoured soup, spiced with curry powder. It is ideal to warm you up on a cold day. Serve with a dollop of tangy natural yoghurt or reduced fat crème fraîche. The name originates from the Tamil words mullaga/milagu and thanni and can be translated as “pepper water”.



Celery, mustard and milk*

Nutritional information per portion (369g):

Energy	Fat	Saturates	Sugars	Salt
484kJ 115kcal	3.2g 5%	0.5g 3%	11g 12%	0.34g 6%

of an adult's reference intake.
Typical values per 100g: energy 131kJ/31kcal.

Equipment

Chopping board
Sharp knife
Garlic crusher
Measuring spoons
Large saucepan
Wooden spoon
Measuring jug
Stick blender or food processor
Weighing scales

Ingredients

Serves 6

1 large onion
2 garlic cloves
2 medium carrots
1 medium sweet potato
2 celery sticks
1 eating apple
1 x 15ml spoon vegetable or sunflower oil
1 x 15ml spoon medium curry powder
1.25 litres boiling water
1 x 15ml spoon tomato purée
1 x 15ml spoon mango chutney
100g cooked basmati rice
Freshly ground black pepper (optional)
Fresh coriander or flat-leaf parsley, to garnish (optional)
100g low-fat natural yoghurt or reduced fat crème fraîche (optional)

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

- If using a handheld blender, always cool the soup before blending and make sure the blade is submerged into the liquid to avoid splattering.
- If you are using a blender/food processor, never fill more than half way, and cover the lid with a thick tea towel and hold the lid down when blending.
- If younger children are cooking with you, ask them to chop up the herbs in a cup using scissors.

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Method

1. Chop the onion and crush the garlic.
2. Peel the carrots and sweet potato, wash the celery and chop everything into small cubes/pieces.
3. Wash, peel, core and cut the apple into small cubes.
4. Heat the oil in a large pan and stir in the onion, garlic, carrots, celery and sweet potato.
5. Cook over a medium heat for 10 minutes, stirring regularly until the vegetables are beginning to soften and brown lightly.
6. Stir in the apple and sprinkle over the curry powder. Cook for a further 2 minutes, stirring as it cooks. Pour over 1 litre of the water. Stir to combine.
7. Stir in the tomato purée and mango chutney. Bring to the boil, reduce the heat and leave to simmer for 30 minutes, stirring occasionally, until the vegetables are tender.
8. When the soup is ready, cool for a few minutes and blend with a stick blender or in a food processor. If you want a more chunky texture to the soup, do not blend.
9. Stir in the cooked rice and add 250ml of the remaining water.
10. Heat the soup for 3–4 minutes until piping hot. Add freshly ground black pepper (if using) to taste.
11. Wash the coriander and fresh leaf parsley (if using) and sprinkle over the dish.
12. Serve with 1 x 5ml spoon of reduced-fat crème fraiche or low-fat natural yoghurt (if using).

Something to try next time

- If you have any chicken left over from a previous meal, shred some into the soup and reheat until piping hot throughout.
- For added protein, use cooked canned or cooked lentils instead of chicken for a vegetarian version.

Prepare now, eat later

- The carrots and onions can be prepared in advance and stored in plastic containers or bags in the fridge for up to 48 hours.
- To freeze, cool the soup as quickly as possible then transfer to a plastic container and freeze for up to 1 month. Defrost thoroughly and reheat until piping hot, stirring to ensure the soup is heated through.

Get more from your food

- Soups are a great way of using up leftover ingredients and when cooled can be easily frozen in bags or placed in containers in the fridge.

Skills used include:

Weighing, measuring, washing, peeling, chopping, mixing, boiling/simmering and frying.