

Mulligatawny Soup

Serves 4 generously

There are plenty of opinions about the origins of this soup, not to mention ways to make it. I'm a big fan of a meal in a bowl and when it's as good as this – hearty, warming and nourishing – you don't need anything else other than a few little condiments.

This version is gently flavoured with a mild curry paste which gives flavour without kick which keeps it family friendly; spice it up with extra curry paste if you wish (I always think it's a good idea to try it once as written and then adapt to your heart's content).

Ingredients:

2 Tb ghee or coconut oil	4 cups good quality chicken stock
1 large onion, finely sliced	¼ cup red split lentils, rinsed
1 large carrot, peeled and diced	¼ cup basmati rice
1 large zucchini, washed and diced	200g approx. cooked chicken meat, roughly shredded
1 celery stick, diced	4 small tomatoes, cored and roughly chopped
2 garlic cloves, peeled & crushed	200ml coconut milk
1 tsp finely grated fresh ginger	1-2 Tb lemon juice, to taste
1 heaped Tb mild Indian curry paste (I used Patak's Korma curry paste)	sea salt & freshly ground black pepper

To serve:

Lemon wedges
Small bunch of coriander, roughly chopped
Baby poppadums

Instructions:

- Heat the ghee or coconut oil in a medium saucepan over a medium heat and add the onion.
- Cook, stirring occasionally, for about five minutes, until soft and golden.
- Add the carrot, zucchini and celery and cook, stirring occasionally for another five minutes.
- Add the garlic and ginger, stir and cook for another minute.
- Stir in curry paste and cook for a minute.
- Pour in the stock and add the red split lentils, season lightly.
- Bring to the boil then turn down the heat, cover and simmer gently for 25 minutes.
- Add the basmati rice and cook for a further 12 minutes.
- Stir in the coconut milk, cooked chicken meat, chopped tomatoes, and lemon juice and heat thoroughly before serving.

To serve:

- Divide between bowls and garnish with a little of the coriander.
- Serve with lemon wedges, baby poppadums and remaining coriander.

Notes:

- You can easily make this vegetarian; simply omit the chicken meat and replace the chicken stock with vegetable stock.