

THE Kitchen CLUB

Learn to cook, eat well for life



Mulligatawny Soup

Serves 8

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".

Nutritional information per portion 369g :

calories	fat	saturates	sugars
115kcal	3.2g	0.5g	11g
6%	5%	3%	12%

Of an adults reference intake

Equipment

- Apron
- Non slip mat or tea towel
- Vegetable Chopping Board
- Sharp Knife
- Garlic Press
- Peeler
- Large Bowl
- Small Bowl
- Kitchen Scissors
- Measuring Spoons
- Measuring Jug
- Kettle
- Kitchen Scales
- Large Saucepan
- Hob
- Wooden Spoon
- Stick Blender or food processor
- Ladle
- Serving Bowls

Ingredients

- 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
- 100g red lentils
- 1.25 litres boiling water
- 1 x 15ml spoon tomato purée
- 1 x 15ml spoon mango chutney
- 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)

Nutrients

Red Lentils help lower cholesterol which is good for your heart. It has lots of fibre which is great for your digestive health. The fibre also helps to stabilise your blood sugar and traps the carbohydrates to slows down digestion, therefore releasing the blood in a more balanced rate. Red Lentils are a great source of protein. It also has lots of iron which helps to transport oxygen throughout your body which is important for energy production and general functioning of your body.

Curry Powder is a popular spice mix that has a number of valuable health benefits, including the prevention of cancer, protection against heart disease, reduce Alzheimer's disease symptoms, ease pain and inflammation, boost bone health, protect the immune system from bacterial infections, and increase the liver's ability to remove toxins from the body.

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. Add the red lentils. Cook for a further 2 minutes, stirring as it cooks. Pour over 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. Heat the soup for 3–4 minutes until piping hot. Add freshly ground black pepper (if using) to taste.
10. Wash the coriander and fresh leaf parsley (if using) and sprinkle over the dish.
11. Serve with 1 x 5ml spoon of reduced-fat crème fraîche or low-fat natural yoghurt (if using).

Based on recipe from 'Lets Get Cooking' <http://www.childrensfoodtrust.org.uk/lets-get-cooking-at-home/recipes/mulligatawny-soup/>

Carbohydrates - Gives us energy	Protein - Builds our bodies	Good Fats in small quantities - Keeps our bodies working	Fibre - Sweeps our tummies
			
Allergens: celery ; Cereals (Gluten) ; wheat; Milk ; Mustard Presence of allergens can vary by brand – always check product labels.			

Try something different next time:

If you have any chicken left over from a previous meal, shred some into the soup and reheat until piping hot throughout.

If you are not a fan of lentils, substitute instead with some cooked basmati rice. This is to be added in at the end of the cooking process, either before or after blending, depending on your preference. Reheat thoroughly after adding rice.

Skills learnt today: You have been: Weighing, measuring, washing, peeling, chopping, mixing, boiling/simmering, frying and blending.

