

Mulligatawny Soup

Serves 10

Ingredients	
2 tbsp (30g) sunflower oil	50g basmati rice
1 large (160g) onion, finely chopped	2 tbsp (30g) mild curry paste
1 large (160g) onion, finely chopped	1.2 litres vegetable stock made from
2 large (280g) carrots, diced	Kallo low salt stock cube
1 parsnip (200g), diced	small bunch (15g) chopped fresh coriander
	freshly ground black pepper
1 potato (150g), diced	10 mini naan breads

- METHOD:
- Heat the oil in a large saucepan and add the onion. Cook for 3-4 minutes, until softened, then add the carrots, parsnip, potato, rice and cook for one minute.
- Stir in the curry paste, then add the stock and mix well. Season with salt and freshly ground black pepper.
- Bring to the boil, then reduce the heat, cover and simmer for 30 minutes, or until the vegetables are tender.
- Put the soup into a blender and pulse a couple of times to purée it slightly, then stir in the coriander.
- Ladle the soup into warm bowls and garnish with a few coriander leaves.
- Serve with warm naan bread.



- ✓ COOK'S TIP: PREPARE ADDITIONAL PARSNIP AND CARROT TO MAKE A PUREE FOR WEANING BABIES
- ✓ FOR WHEAT FREE DIETS OMIT NAAN BREAD AND REPLACE WITH WHEAT FREE BREAD

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
297	7	9	49	0.1	1.5	3.3	177