

CHICKEN MULLIGATAWNY

Mulligatawny is a great Indian/UK dish - delicious, healthy, and flexible. Try it.

Serves 4 150g/5½ oz cooked chicken, chopped into 1cm cubes; 850ml/1½ pints chicken stock; 1 large white onion; 2 cloves garlic; 1 carrot; 2 parsnips; 1 large potato; 2 large tomatoes; 150g/5½ oz yellow split peas; 200ml/7floz coconut cream; 1tbsp olive oil; 1 tsp cumin seeds; 1 tsp ground coriander; 1 tsp black mustard seeds; 1 tsp turmeric; 1 tsp chilli powder; ½ inch piece of root ginger, peeled and grated; a bunch of coriander; 4 lemon wedges Place the chicken stock and split peas in a large saucepan. Bring to the boil, reduce the heat, cover and then leave to simmer for 20 minutes. While the split peas are cooking, peel and trim the garlic, onion, parsnips, potato and carrot. Finely chop the onion, cut the parsnips, potato, tomatoes and carrot into 2 cm cubes and crush the garlic cloves. Add the onion, potato, carrot, parsnips, garlic, and tomato to the soup base. Season well and bring back to the boil. Once boiling, reduce the heat and leave to simmer gently for around 15 minutes or until the potato and parsnips are tender to a knife point. While the soup is cooking, finely chop the coriander, stalks and all, and heat the olive oil in a heavy based frying pan. Add the cumin seeds, mustard seeds, coriander, turmeric, chilli, coriander stalks and grated fresh ginger. Fry gently, stirring continuously until the aroma of the spices becomes very fragrant and the seeds begin to pop – this will only take about 3 minutes. Stir the cooked spices and the coconut milk into the soup until combined. Season and then add the cooked chicken and fresh coriander. Stir through and then leave to simmer for a further 5 minutes before seasoning to taste. Add a squeeze of fresh lime to each bowl of soup.