



## Hairy Bikers Mulligatawny Soup with Chili

Mulligatawny is a richly flavoured soup, spiced with curry powder and thickened with rice. Perfect for a cold day, serve with a dollop of tangy Greek yoghurt. This makes a great meal for after training and contains sweet potato providing fibre and antioxidant properties and garlic to boost your immunity.

**Serves: 4, Prep time: 00:30, Cook time: 01:00**

### Instructions

1. Melt the butter with the oil in a large saucepan and stir in the onion, garlic, carrots, celery and sweet potato. Cook over a medium heat for 10 minutes, stirring regularly until the vegetables are beginning to soften and brown lightly. Stir in the apple pieces and sprinkle over the curry powder. Cook for a further 2 minutes more, stirring as it cooks.
2. Crumble the stock cube into a measuring jug, and pour over the boiling water. Mix to combine. Pour into the pan, and stir in the tomato puree and mango chutney. Bring to the boil, then reduce the heat slightly and leave to simmer for

### Ingredients

- 25 grams Butter, unsalted (1 oz)
- 1 tablespoon Oil, olive
- 1 Onion, Red, Large, finely chopped
- 3 Garlic, cloves, Finely chopped
- 2 Carrots, Medium, cut into 1.5cm cubes
- 2 Celery, Sticks finely chopped
- 1 Sweet Potato, Medium, peeled, cut into 1.5cm cubes
- 1 Apple, Eating apple, peeled, quartered, cut into 1.5cm cubes
- 1 tablespoon Curry Powder, Medium spice
- 1 Stock cube, vegetable
- 1 litres Water, Boiling (34 oz (U.S.))
- 1 tablespoon Tomato puree
- 1 tablespoon Mango Chutney
- 100 grams Rice, Basmati (3.5 oz)

- 30 minutes, stirring occasionally .  
Cook until the vegetables are tender.
3. While the soup is simmering, half-fill a medium pan with water and bring to the boil. Add the rice and return to the boil. Cook for 10 minutes, or until the rice is tender. Drain the rice in a sieve and rinse under running water until cold.
  4. When the soup is ready, cool the soup for a few minutes and blend with a stick blender or in a food processor until smooth before stirring in the cooled rice. If you want a more rustic texture to the soup, do not blend.
  5. Add enough water to give a good consistency, (about 150-200ml/5.5-7fl oz). Heat the soup for 3 to 4 minutes until piping hot and check the seasoning, add salt and freshly ground black pepper to taste.
  6. Ladle the soup into deep bowls and top each with a spoonful of natural yoghurt or soured cream. Garnish with sprigs of coriander or flat-leaf parsley if you like.

- 100 grams Yoghurt, Greek style, full-fat (3.5 oz)
- 1 pinch or to taste Corriander leaves, or parsley to garnish
- 1 pinch or to taste Sea Salt
- 1 pinch or to taste Black pepper, ground

This meal, if served as five portions, provides 245kcal, 5g protein, 36g carbohydrate (of which 12g sugars), 8g fat (of which 3.5g saturates), 5g fibre and 0.4g salt per portion.

Inspired by Rick Stein and the Hairy Bikers.

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