

# Mulligatawny Soup



This soup is one of my staple recipes. It's quick to make a big batch of it, and so tasty too!

I get an organic veg box delivered every week, and sometimes it can be hard to keep up, when you're working long hours. So once every week, or every other week, I have a fridge clearout and this soup is perfect for using whatever needs eating up. Even better, as it's never the same from one batch to another!

It's a great low glycaemic soup, high in proteins from the lentils, with great fructo-oligosaccharides from the leeks and onions - and jerusalem artichokes if they are in there too (they help feed the beneficial bacteria in your gut).

And spices.. well they are always therapeutic in so many ways. Turmeric is particularly good as a powerful anti-inflammatory compound.

Mixed in with some goat's yoghurt or feta cheese, this can be a standalone light meal, just perfect to warm you up on a cold winter's day!

*Makes approx 10 portions*

## *Ingredients*

1 tablespoon coconut oil or olive oil  
3 large onions chopped  
1 inch piece of fresh ginger, chopped  
5 garlic cloves, chopped roughly  
3 or 4 leeks, chopped, or 1 peeled marrow or 700g unpeeled courgettes, cut into 1 inch cubes  
2 sweet potatoes, peeled and cut into 1 inch cubes (or 1 sweet potato and 3 or 4 jerusalem artichokes)  
225g tomatoes, skinned and chopped  
Green leaves (kale, spinach, cabbage, chard... whatever needs using)  
4 handfuls of lentils (green and yellow work well but any will do), rinsed several times  
10 cardamom pods, seeds only  
1 teaspoon cumin seeds  
1 teaspoon fennel seeds  
1 dessertspoon coriander seeds  
2 teaspoons turmeric  
Sprinkle of chilli flakes to taste  
Pinch of sea salt  
1 litre (or more) boiling water with 2 teaspoons Marigold Swiss Bouillon powder  
Juice of 1 lemon

Goat's milk yoghurt or feta cheese for serving

### *Preparation*

1. First, heat the oil in a large soup pan, then add the onions and cook until they're soft. Meanwhile place the cardamom, cumin and fennel seeds in a small frying pan to dry roast – this will take 2-3 minutes. As soon as the seeds start to jump, tip them into a coffee grinder and grind them finely, then add them to the onions along with the chilli flakes and turmeric. Now add the ginger and garlic, chopped vegetables and the lentils (you can also improvise with other vegetables if you wish). Season, then let the vegetables cook gently, covered– for about 10 minutes.
2. Add the water and bouillon powder and finish cooking gently until the lentils and vegetables are soft.
3. Roughly blend, leaving chunks of vegetables in the soup. Blend in the lemon juice.
4. Serve with a tablespoon of goat's yoghurt.