

3 Lentil Mulligatawny

PREP TIME: 10 minutes

COOK TIME: 25 minutes

SERVES: 5-6

CALORIES PER SERVING: 349

INGREDIENTS

- 3/4 cup red lentils
- 1/4 cup yellow split peas
- 1/4 cup LePuy lentils
- 2 medium onions
- 3 cloves of garlic
- small knob of ginger
- 2 stalks of celery
- 2 carrots, cut in tiny cubes
- 1 small potato
- 2 green chillies
- 1 cup coconut milk
- 2 tablespoons chickpea flour
- 2 cups vegetable stock
- 2 cups water
- 1 teaspoon ground tumeric
- 2 tablespoons whole black pepper
- 2 tablespoons coriander seed
- 2 tablespoons cumin seed
- 2 teaspoons fennel seed
- 1 lemon or lime
- coriander (chopped) for garnish
- salt to taste
- 1 jalapeno, cut in tiny cubes

(optional)



INSTRUCTIONS

1: RINSE all the lentils, together in fresh water in a collander, at least 3 times. Then cover lentils in a bowl with fresh water and let soak while you prep the spices and veg.

2: Finely chop onions, garlic and carrots. Slice celery (thin), grate ginger, chop potatoes into 2cm cubes, chop green chillies (do one if you don't love spicy).

3: TOAST the black pepper, coriander, cumin and fennel seeds in a small pan on the stovetop. Place in a small bowl and grind together with a roller or similar. Pass through a sieve.

4: FRY your onions in 2-3tbs of oil and a few pinches of salt in a soup pot until golden, then add garlic, stir for 2 minutes, then grate your ginger into the pot. Add all the spices(except tumeric) and celery next and stir until celery softens.

5: ADD 1 tsp of tumeric, 2 tbs chickpea flour, 2 cups of stock, and 2 cups of water to pot. Set heat on high.

6: DRAIN lentils from their soaking water, give them one more quick rinse in fresh water, then add to soup pot. Add the chillies and the rest of the veg(except the jalapeno, if using) salt to taste, and bring to boil, then allow it simmer on med-high until the lentils are tender. Stir the soup from time to time to ensure lentils don't stick to the bottom of the pot, adding more fresh water if necessary.

7: TURN off heat, but leave the pot on the stove. Stir-in coconut milk and jalapeno, if using.

8: SQUEEZE the juice of a lemon or lime slice into each serving bowl, garnish with chopped coriander and some fresh ground pepper.