



Mulligatawny soup with Pink Lady® Apples

Serves 4



Created by:
Fresh Living

Ingredients:

- ♥ 2 Tbsp (30ml) oil
- ♥ 4 skinless, boneless chicken breasts, cut into strips
- ♥ 2 medium onions, finely chopped
- ♥ 2 cloves garlic, finely chopped
- ♥ 2 each medium carrots and potatoes, peeled and finely chopped
- ♥ 1 Tbsp (15ml) curry powder
- ♥ ¼ tsp (2ml) dried ground ginger
- ♥ ¼ tsp (2ml) ground cumin
- ♥ ¼ tsp (2ml) ground cloves
- ♥ 4 tomatoes, finely chopped
- ♥ 2²/₅ cups (600ml) chicken stock
- ♥ 2 pink lady apples, peeled and finely chopped
- ♥ ½ cup (125ml) basmati rice, soaked in water for 15 minutes
- ♥ Salt and milled pepper, to taste
- ♥ 2 Tbsp (30ml) lemon juice

Method:

1. Heat half the oil in a saucepan and sauté chicken strips until golden. Remove and set aside.
2. Add remaining oil and gently fry onion, garlic, carrots and potatoes for 5 minutes.
3. Add curry powder, ginger, cumin and cloves and fry for an extra minute. Add tomatoes, stock and apples and bring to the boil.
4. Reduce heat and simmer for 30 minutes.
5. Add rice and cook for a further 15 minutes or until tender.
6. Serve mulligatawny soup with a spoonful of yoghurt and naan bread or poppadums.