



Co-funded by the
Erasmus+ Programme
of the European Union



Chunky butternut mulligatawny



Number of people: 6

Keywords: Soup Vegetarian Main course Spicy Low in fat

Season: Autumn

Ingredients and quantity:

2 spoons olive or rapeseed oil
2 onion
2 dessert apple
3 celery sticks
½ small butternut squash
2 heaped spoons gluten free curry powder
1 spoon ground cinnamon
1 spoon nigella seeds (black onion)
2 x 400 g cans chopped tomatoes
1,5 l gluten free chicken or vegetables stock
140 g basmati rice
small pack parsley
3 spoons mango chutney
natural yogurt

Preparation: 45 mins

Difficulty: Easy

- * First heat the oil in your largest saucepan.
- * Add the chopped onions, apples and celery with a pinch of salt. Cook for 10 mins, until softened.
- * Add the butternut squash, curry powder, cinnamon, nigella seeds and a grind of black pepper. Cook for 2 mins more.
- * Then stir in the tomatoes and stock. Cover with a lid and simmer for 15 mins. By now the vegetables should be tender but not mushy.
- * Stir in the rice, pop the lid back on and simmer for another 12 mins until the rice is cooked through.
- * Stir through the parsley and mango chutney.
- * Finally serve in bowls with yogurt and extra mango chutney on top, if you like.