



# Mulligatawny

**SERVES: 2**

## INGREDIENTS

				
½ garlic clove, minced	Pinch ground cumin seed	3 whole cloves, finely crushed	2 teaspoons curry powder	
				
Pinch ground ginger	Pinch cayenne pepper	1 tablespoon butter	2 chicken thighs, diced	
				
1 stalk celery, with leaves, thinly sliced	½ onion, chopped	½ carrot, diced	½ leek, thinly sliced	
				
4 cups chicken stock	Pinch salt	Pinch pepper	⅓ cup long-grain rice	½ medium apple, peeled, cored and diced
				
½ cup plain yoghurt	1 tablespoon lemon juice	⅓ cup whipping cream, warmed	¼ tablespoon chopped fresh parsley	¼ tablespoon toasted almond flakes

Preparation

**15 mins**

Cooking

**60 mins**

Serving & Presentation

**5 mins**

Total time:

**80 MINUTES**

## METHOD

- Combine garlic, cumin, cloves, curry powder, ginger and cayenne pepper in a small bowl.
- Melt butter in large frying pan over a medium-high heat. Add chicken and cook until lightly browned on all sides.
- Place chicken, garlic and spice mix in a large stock pot. Add celery, onion, carrot and leek. Blend well.
- Add a small ladle of stock and cook over low heat, stirring constantly, until vegetables are tender.
- Stir in remaining stock and season with salt and pepper.
- Cover and simmer 30 minutes.
- Add rice to soup and continue cooking for 15 minutes.
- Add apples and yoghurt. Simmer for 10 minutes.
- Add lemon juice, then stir in cream.
- Taste and adjust seasoning.
- Pour into serving bowls and sprinkle with parsley and almonds.

