

This is Grub4Life.Com – Britain’s foremost nutrition consultancy supporting vulnerable communities with practical resources for you and your clients.



For more information on free resources or training which could be supported by 100% grant contact us at [feedback@grub4life.com](mailto:feedback@grub4life.com) for more information on : -

- Food Allergy and Intolerance Training course
- Common Nutrition Problems with Toddlers Training course
- 4 week rotation Menu Planning & Recipe Adaptation
- Training to help children and their parents overcome fussy and faddy eating
- Allergy Safe and Legally Compliant Recipe Manual for Nurseries
- Allergy Safe and Legally Compliant Recipe Manual for Childminders
- Food Allergies and Intolerance Manual

## Mulligatawny Soup

Serves 10

Ingredients	
2 tbsp (30g) sunflower oil	50g basmati rice
1 large (160g) onion, finely chopped	2 tbsp (30g) mild curry paste
1 large (160g) onion, finely chopped	1.2 litres vegetable stock made from Kallo low salt stock cube
2 large (280g) carrots, diced	small bunch (15g) chopped fresh coriander
1 parsnip (200g), diced	freshly ground black pepper
1 potato (150g), diced	10 mini naan breads

### METHOD:

1. Heat the oil in a large saucepan and add the onion. Cook for 3-4 minutes, until softened, then add the carrots, parsnip, potato, rice and cook for one minute.
2. Stir in the curry paste, then add the stock and mix well. Season with salt and freshly ground black pepper.
3. Bring to the boil, then reduce the heat, cover and simmer for 30 minutes, or until the vegetables are tender.
4. Put the soup into a blender and pulse a couple of times to purée it slightly, then stir in the coriander.
5. Ladle the soup into warm bowls and garnish with a few coriander leaves.
6. Serve with warm naan bread.

### COOK'S TIP:

- **PREPARE ADDITIONAL PARSNIP AND CARROT TO MAKE A PUREE FOR WEANING BABIES**
- **FOR WHEAT-FREE DIETS OMIT NAAN BREAD AND REPLACE WITH WHEAT FREE BREAD**

### Nutrition analysis per serving

Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
297	7	9	49	0.1	1.5	3.3	177

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