

Mulligatawny Soup with Pumpkin and Kale

Ingredients:

- 1 bunch spring onions
- 2 stalks celery
- 2 tablespoons of Indian curry paste
- 1 piece pumpkin
- 200g basmati rice
- 2 litres vegetable stock
- 1 bunch kale, stripped, washed and chopped
- 1 cup frozen peas
- 1 tin coconut milk

What to do:

- 1) Finely slice spring onions and celery.
- 2) Sweat the onions and celery in a large pot with a drizzle of oil for 5mins.
- 3) Stir in curry paste and cook until fragrant.
- 4) Meanwhile peel and grate pumpkin.
- 5) Add pumpkin to the pot with rice and stock.
- 6) Bring soup to the boil then reduce heat and simmer with a lid for 15mins.
- 7) Add the kale and cook for a few mins.
- 8) Add coconut milk and peas and warm through.
- 9) Serve in large bowls.