

Soup for SASH inspiration!

Tomato and Lentil

(Serves 4-6)

Ingredients

- 100g/3oz green lentils
- olive oil, for frying
- 1 onion, finely chopped
- 3-4 garlic cloves, finely chopped
- handful fresh basil, leaves left whole and stalks finely chopped
- 400g tin chopped tomatoes
- 400ml/14fl oz vegetable or chicken stock
- salt and freshly ground black pepper

To serve

pecorino cheese, grated (optional)

Method

Add the lentils to a large saucepan and cover with 5cm/2in water. Cook over a medium heat, you don't want to boil the lentils, for about 20 minutes. To test if the lentils are cooked crush one between your fingers, it should feel creamy not starchy. Season the lentils with salt and pepper.

Heat a large saucepan and add the oil. Add the onions and cook over a medium heat until soft and golden.

Add the garlic and basil stalks. Be careful not to burn the garlic. Once the dish starts smelling strongly of garlic add the chopped tomatoes.

Add the lentils and stock and stir. Leave to cook for 5 minutes for all the flavours to marry.

Season with salt and pepper and ladle the soup into bowls. Top with grated pecorino cheese (if using), basil leaves and a drizzle of olive oil.

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Sweet Potato and Coconut

(Serves 4-6)

Ingredients

- 1 tbsp groundnut oil
- 1 onion, peeled and finely chopped
- 1 garlic clove, crushed
- 1.25cm/in piece fresh ginger, peeled
- 675g/1lb sweet potatoes, peeled and diced
- 1 tbsp chopped lemongrass
- 570ml/1 pint vegetable stock
- 1 x 400ml tin coconut milk
- salt and freshly ground black pepper
- 2 limes, zest and juice

Method

Heat the oil in a large saucepan and gently fry the onion, garlic and ginger for about 5 minutes until tender.

Add the sweet potatoes and lemongrass and cook for a further 3 minutes.

Add the stock and bring to the boil. Reduce the heat and simmer for 20 minutes until the vegetables are tender.

Cool the soup slightly, then liquidise with the coconut milk and process until smooth.

Season with salt and pepper. Heat through without allowing the soup to boil, and add the lime juice.

Ladle the soup into bowls and garnish with the lime zest.

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Mulligatawny

(Serves 4-6)

Ingredients

- 25g/1oz butter
- 1 tbsp sunflower oil
- 1 large onion, finely chopped
- 2 garlic cloves, chopped
- 2 medium carrots, cut into 1.5cm cubes
- 2 celery sticks, thinly sliced
- 1 medium sweet potato, peeled, cut into 1.5cm cubes
- 1 eating apple, peeled, cut into 1.5cm cubes
- 1 tbsp medium curry powder
- 1 litre vegetable or chicken stock cube
- 1 tbsp tomato purée
- 1 tbsp mango chutney
- 100g/3oz basmati rice, cooked and rinsed.
- 100g/3oz natural yoghurt or soured cream, to serve
- fresh coriander or flat-leaf parsley, to garnish (optional)

Method

Melt the butter with the oil in a large saucepan and add the vegetables. Cook for 10 minutes, until the vegetables are beginning to soften and brown lightly. Stir in the apple pieces and the curry powder. Cook for a further 2 minutes.

Pour in the stock. Add the tomato purée and mango chutney. Bring to the boil, then simmer for 30 minutes, stirring occasionally.

Blend the soup until smooth and add the rice. Add enough water to give a good consistency, (about 150-200ml/5-7fl oz). Heat the soup until hot and season to taste.

Ladle into bowls and top with natural yoghurt or soured cream. Garnish with sprigs of coriander or parsley.

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Chicken and Sweetcorn

(large serving for 2)

Ingredients

- 1cm peeled ginger, one chilli, one clove garlic – all finely chopped
- 1tbsp curry paste
- 2 chicken breasts diced into small pieces
- 1tbsp cornflour mixed with a little water
- 500ml chicken stock
- 2 beaten eggs
- Sweetcorn, one large can, drained

Method

Fry the ginger, chilli and garlic to release the flavour then add the paste, followed by the chicken. Brown off the chicken and add the flour.

Add the stock and allow to simmer until chicken is fully cooked.

Add the sweetcorn and slowly add the eggs, running a fork through the soup so that the egg cooks in strands.

Add soy and/or sesame oil to taste.