

Chunky Butternut Mulligatawny

<http://www.bbctvgoodfood.com/recipes/chunky-butternut-mulligatawny>

By **Cassie Best**

PREP: 25 MINS COOK: 40 MINS

EASY

SERVES 6

Nutrition: per serving: kcal212 fat5g saturates1g carbs37g sugars15g fibre6g protein6g salt0.5g

Ingredients

- 2 tbsp olive or canola oil
- 2 onion, finely chopped
- Ginger, chopped & whole, dried spices: cinnamon, cumin, coriander, clove, cardamom
- 2 dessert apples, peeled and finely chopped
- 3 celery sticks, finely chopped
- ½ small butternut squash, peeled, seeds removed, chopped into small pieces
- Dried ground spices: cumin, coriander, curry
- Garlic, mashed
- 2 x 400g cans chopped tomatoes
- 1½ l gluten-free chicken or vegetable stock
- 140g basmati rice
- small pack parsley, chopped
- 3 tbsp mango chutney, plus a little to serve, if you like (optional)
- natural yogurt, to serve

Method

1. Heat the oil in your largest saucepan. Add the onions. Add ginger and dried, whole spices. Add apples and celery with a pinch of salt. Cook for 10 mins, stirring now and then, until softened. Add the butternut squash, dried ground spices and a grind of black pepper. Cook for 2 mins more, then stir in the tomatoes, garlic and stock. Cover with a lid and simmer for 15 mins. *Add the rice earlier.*
2. 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. Taste and add more seasoning if needed. Stir in the cilantro, then serve in bowls with yogurt and mango chutney on top.

Recipe adapted from Good Food magazine, February 2014