

Curried Carrot & Split Pea Soup

Serves 4

Preparation Time: 35 mins

Cooking Time: 1 hr 15 mins

Winter is not going away any time soon. Make yourself comfortable with a hot cup of soup.

Ingredients

- ❖ 50g (2 oz) split yellow peas, soaked overnight in cold water
- ❖ 1 small onion
- ❖ 1 garlic clove
- ❖ 225g (8 oz) carrots
- ❖ 1 potato
- ❖ 1 red chili
- ❖ 15ml (1 tbsp) sunflower oil
- ❖ 5ml (1 tsp) grated fresh root ginger
- ❖ 7.5ml (1½ tsp) hot curry paste
- ❖ salt and pepper
- ❖ double cream, to serve (optional)
- ❖ chopped chives, for garnishing (optional)

Directions

1. Drain the split peas, rinse well and place in a large saucepan with 1.5 liters (2½ pints) cold water. Bring to the boil and boil steadily for 10 minutes. Reduce the heat, cover and simmer gently for 30 minutes.
2. Peel and chop the onion, garlic, carrots and potato. Halve, deseed and chop the chili. Heat the oil in a pan, add the onion, garlic, ginger and chili and fry, stirring, for 10 minutes until evenly browned. Stir in the curry paste, carrots and potato and fry for a further 5 minutes.
3. Add the curried vegetable mixture to the split peas. Return to the boil, cover and simmer for a further 35 minutes until the vegetables and peas are tender. Transfer to a blender or food processor and work until fairly smooth. Return to the pan, season with salt and pepper to taste and heat through.
4. Garnish with dollops of cream and chives.
5. Serve immediately.

Notes

- ✓ If you don't have curry paste, use curry powder.
- ✓ This soup is suitable for freezing.

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