

Chicken Mulligatawny Soup

with Kohlrabi & Basmati Rice

Kohlrabi is a vegetable in the cabbage family. Its name is derived from the Austrian term “kohlrübe,” meaning, literally, “cabbage turnip,” because of its turnip-like bulb with cabbage-like greens. Here, we’re saluting its mild, crisp flavor and texture by featuring it in mulligatawny, an Anglo-Indian soup. Spiced to perfection and topped with toasted coconut, this rice-and-chicken meal is as warming as a hearth in winter.



Ingredients

- 10 Ounces Chopped, Boneless, Skinless Chicken Thighs
- $\frac{3}{4}$ Cup Basmati Rice
- 1 13.5-Ounce Can Light Coconut Milk
- $\frac{1}{2}$ Pound Kohlrabi
- 1 Carrot
- 1 Red Onion
- 1 Lime
- 1 Bunch Cilantro

Knick Knacks

- 3 Tablespoons Golden Raisins
- 1 Tablespoon Ghee
- $\frac{1}{4}$ Cup Coconut Flakes
- 2 Tablespoons Mulligatawny Spice Blend
(Whole Fenugreek Seeds, Whole Black Mustard Seeds, Ground Coriander, Ground Ginger, Ground Turmeric, Madras Curry Powder & Cayenne Pepper)

Makes 2 Servings

About 580 Calories Per Serving

Cooking Time: 25 to 35 minutes



1



Prepare the ingredients:

Wash and dry the fresh produce. Peel and thinly slice the carrot into rounds. Halve the kohlrabi lengthwise; cut each half into small wedges, then thinly slice. Peel and thinly slice the onion. Pick the cilantro leaves off the stems; discard the stems. Using a peeler, remove the rind of the lime, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter the lime.

2



Cook the rice:

In a medium pot, heat **half the ghee** and 2 teaspoons of oil on medium-high until hot. Add the **lime zest** and a **big pinch of the spice blend**. Cook, stirring frequently, 1 to 2 minutes, or until fragrant and the seeds are toasted. Add the **rice**, a **big pinch of salt** and **1½ cups of water**. Bring the mixture to a boil. Once boiling, cover and reduce the heat to low. Cook 13 to 15 minutes, or until all of the liquid has been absorbed and the rice is tender. Remove from heat. Fluff the finished rice with a fork.

3



Toast the coconut flakes:

While the rice cooks, heat a large, dry pot on medium until hot. Add the **coconut flakes** and toast, stirring frequently, 3 to 4 minutes, or until golden brown and crunchy. Transfer to a small bowl and set aside. Wipe out the pot.

4



Brown the chicken:

Season the **chicken** with salt and pepper. In the same pot used to toast the coconut, heat 2 teaspoons of oil on medium-high until hot. Add the seasoned chicken and cook, stirring occasionally to brown all sides, 3 to 5 minutes, or until cooked through. Transfer to a bowl, leaving any browned bits (or fond) in the pot.

5



Make the soup:

Add 2 teaspoons of oil and the **remaining ghee and spice blend** to the pot of reserved fond. Cook on medium-high, stirring frequently, 30 seconds to 1 minute, or until fragrant. Add the **carrot, kohlrabi and onion**; season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until the vegetables are tender. Reduce the heat to medium. Add the **raisins, cooked chicken** (along with any juices from the bowl), **coconut milk** and **1 cup of water**. Reduce the heat to medium-low. Simmer, stirring occasionally, 12 to 14 minutes, or until slightly thickened. (Be careful not to boil the soup, as the coconut milk may separate.) Remove from heat.

6



Finish & plate your dish:

Off the heat, stir the **juice of all 4 lime wedges** into the soup; season with salt and pepper to taste. Divide the **rice and soup** between 2 bowls. Garnish with the **cilantro and toasted coconut flakes**. Enjoy!