

## Dr Joanna McMillan's Turmeric, Cauliflower and Chickpea Curry Soup

**Appliance: Philips Deluxe All-in-One Cooker**

Serves: 4-6

Prep time: 10 mins

Cook time: 1 hour

### Ingredients:

- Handful of fresh coriander, chopped (to serve)
- Thick natural yoghurt (to serve)
- Salt to taste
- 1 Teaspoon yellow mustard seeds
- 1 Teaspoon ground coriander
- ½ Teaspoon ground cardamom
- 2 Teaspoon cumin seeds
- 1 Tablespoon extra virgin olive oil
- 4cm Finger of fresh turmeric (or 1 teaspoon dried)
- 1 Brown onion
- ½ Cup red lentils
- 1 Cauliflower, chopped
- 2 Carrots, diced
- 1 Stick celery, chopped
- 1 400g Can of chickpeas, drained and rinsed
- 1L Chicken stock

### Method:

1. Select the SAUTÉ/SEAR function and set the time to 12 minutes. Once hot add the oil and then the onion. Slice off the peel around the turmeric with the back of a knife, and then finely grate the turmeric into the pot. Add the other spices and sauté with the onion for a few minutes.
2. Add the celery and carrot to the pot and sauté for a further few minutes.
3. Add the cauliflower, lentils and stock. Stir to combine and then close and lock the lid. Select the SOUP/LENTILS function and press start.
4. When there is 10 minutes left on the timer, select the 'ADD INGREDIENT' function. Once the pressure has released, open the lid and add the chickpeas. Close and lock the lid and finish cooking.
5. Once ready, check the seasoning and add a little salt if needed.
6. Serve in bowls with a spoonful of natural yoghurt and a generous sprinkle of coriander.