

'What's Cooking !' Recipe Cards

SAVOY CABBAGE AND CORIANDER SOUP

**Food Fact:-**

Coriander is beneficial for the digestive system.

Cabbage is high in calcium, vitamin C and folate.

Serves 4

Preparation time 10 mins

Cooking time 12 mins

**REAL FOOD
WORKS**

SAVOY CABBAGE AND CORIANDER SOUP

Ingredients

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| <ol style="list-style-type: none"> 1. Finely chop the onions and very finely shred the cabbage, either by hand or by using the finest slicing disc on a food processor. 2. Put the oil in a large microwaveable dish, add the onion and cabbage, cover and cook on high for 2 mins. 3. Add the chilies, garlic, ginger and coriander seeds. Cook on medium for 5 minutes, stirring regularly, until the onion and cabbage are tender but still have a bite to them. 4. Make the stock in boiling water and add it to the vegetables. 5. Cook on simmer for 5 minutes, then add the coconut milk, half of the fresh coriander, the lime juice and finally salt and pepper. 6. Serve the soup with extra coriander to taste. | <p>450g onions
 1/2 Savoy cabbage (about 400g)
 2 tablespoons olive oil
 2 red or 4 green chilies, finely chopped
 4 garlic cloves, finely chopped
 About 5cm fresh root ginger, peeled and chopped
 2 tablespoons coriander seeds, crushed
 800ml good vegetable stock
 400ml tin of light coconut milk
 Bunch of fresh coriander, chopped
 Juice of 1 lime
 Salt and black pepper</p> |
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