

Try this recipe for a great healthy take away or catering option.

Vegetarian
Nut free



Healthy Choices category:
GREEN
(Best choices)

Ingredients	10 serves	15 serves	25 serves
Vegetable oil	30mL	45mL	75mL
Onions, brown, finely chopped	6 medium	9 medium	15 medium
Garlic, finely chopped	3 cloves	5 cloves	8 cloves
Ginger, fresh, finely grated	3 teaspoons	5 teaspoons	8 teaspoons
Garam masala, ground	3 teaspoons	5 teaspoons	8 teaspoons
Turmeric, ground	1 ½ teaspoons	2 teaspoons	3 ½ teaspoons
Black pepper, ground	1 teaspoon	1 ½ teaspoons	2 ½ teaspoons
Yellow split peas, dried, rinsed	2 ¼ cups	3 ½ cups	5 ¾ cups
Potato, finely chopped	1 ½ medium	2 medium	3 ½ medium
Carrot, finely chopped	1 ½ medium	2 medium	3 ½ medium
Vegetable stock (reduced salt)	1 ½ litres	2 ¼ litres	3 ¾ litres
Water	1 ½ cups	2 ¼ cups	3 ¾ cups
Milk (reduced fat)	3 cups	4 ½ cups	7 ½ cups
Greek-style yoghurt (reduced fat), to serve	300g	450g	750g
Wholemeal / wholegrain bread rolls, to serve	10	15	25

Method

- 1 Heat oil in a large saucepan over a medium heat. Add onions and cook gently for 15 to 20 minutes, or until browned.
- 2 Stir in garlic, ginger, spices and pepper and cook for 1 minute, until fragrant.
- 3 Add split peas, vegetables, stock and water to the saucepan. Bring to the boil then reduce heat and simmer, stirring occasionally, for 50 minutes or until the split peas have broken down slightly and the soup is thick.

- 4 Stir in milk.
- 5 Transfer soup to bowls/mugs and serve topped with a dollop of yoghurt and a sprinkling of black pepper.
- 6 Serve with a bread roll.

Tips

- This soup is also delicious served with lemon wedges on the side to give a zesty touch.
- Can be frozen. Defrost and reheat to serve warm on another day.
- Fresh mint can be sprinkled on top when serving.

Recipe adapted from *Healthy recipes with dairy foods*, with permission from Dairy Australia www.dairyaustralia.org.au.

The nutritional information provided is based on the exact ingredients and method as shown. Any variation/s to the ingredients or method may alter the nutritional outcome.

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