

Chicken Mulligatawny Soup

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/anglo-indian-mulligatawny-soup-recipe>

Ingredients:

- 1 tablespoon peanut oil
- 4 chicken thighs
- 4 chicken drumsticks
- 2 red chiles medium-hot, deseeded and finely chopped
- 2 tablespoons fresh ginger finely chopped
- 6 garlic cloves peeled and finely sliced
- 6 shallots peeled, halved and finely sliced
- 1 teaspoon ground turmeric
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 12 ounces yellow split peas rinsed
- 5 cups chicken stock
- 14 ounces coconut milk
- 4 tablespoons fresh lemon juice
- chopped cilantro coarsely
- scallions finely sliced
- roasted peanuts coarsely chopped
- red chiles finely sliced

Nutrition:

1. Calories: 1130 calories
2. Carbohydrate: 51 grams
3. Cholesterol: 280 milligrams
4. Fat: 71 grams
5. Fiber: 3 grams
6. Protein: 75 grams
7. SaturatedFat: 32 grams
8. Sodium: 730 milligrams
9. Sugar: 10 grams

Thank you for visiting our website. Hope you enjoy Chicken Mulligatawny Soup above. You can see more 16 anglo indian mulligatawny soup recipe You must try them! to get more great cooking ideas.