Chunky silverbeet natural yoghurt soup

Preparation time
30 minutes

Cooking time
20 to 30 minutes

Serves
4

Recipe courtesy of
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Ingredients Method Nutrition

4 large or 8 small silverbeet leaves, stalks removed and if coarse remove the leaf centre veins by tearing the large leaves.

4 medium size firm red tomatoes

4 tbsp raw peanuts with skin. (Do not add peanuts if there is nut allergy)

4 tbsp Fine Besan flour. Besan flour also known as Chana daal flour is available at any Indian special grocery store.

4 tbsp no fat natural yoghurt

3 large or 4 small garlic cloves peeled

1 tsp cumin seeds

1 tsp coriander seeds

1 tbsp extra cumin seeds for tempering the soup with hot oil

1 tsp turmeric powder

1 tbsp fresh lemon juice

2 tbsp canola or extra virgin olive oil for tempering.

1. Wash the silverbeet leaves and tomatoes. Chop finely.
2. Wash the peanuts and boil in water for 8 minutes. Rinse well and set aside.
3. Grind one tsp. cumin seeds, coriander seeds and garlic to a paste using pestle and mortar. Set aside.
4. Cook the silverbeet, tomatoes and boiled peanuts in a large heavy based stainless steel saucepan for 8-10 minutes on medium heat. (Can add half cup red lentils).
5. Mix yoghurt and besan flour in a large deep bowl by adding small amount of water. Remove lumps using a large spoon.
6. Add four standard cups of water and mix well. Use a manual hand-held whisk to make it smooth.
7. Add two more cups of water, mix and set aside.
8. Cook the vegetables until the leaves are soft and change colour.
9. Mash with a ladle and then use the manual hand-held whisk to blend and bring it all together.
10. Lower the heat and add half of the garlic spice paste and mix well. Add the whole yoghurt besan mixture slowly while stirring.
11. Increase the heat to medium.
12. Add 1 tsp turmeric powder and stir. The mixture should be of liquid consistency. Cook gently on medium heat till it starts to boil. Boil for three minutes and then let it simmer for 5-8 minutes on low heat to thicken.
13. Heat 2 tbsp oil in a small sauce pan, add 1 tbsp cumin seeds. As the seeds start to splutter add remaining garlic spice paste. Do not allow it to burn.
14. Pour the hot oil straight on to the simmering soup and mix. Allow it to simmer for further 5 more minutes. Remove from heat. Add lemon juice and stir.

Serve with toast fingers or poured over cooked steaming plain rice

Nutritional information is provided per serve

Engery	1042kj
Protein	9g
Saturated Fat	3g

Total Fat	17g
Carbohydrates	13g
Sugars	7g
Dietary Fibre	7g
Sodium	192mg