



MULLIGATAWNY SOUP

This is a favourite for my entire family – we can't get enough of this soup. PLUS it makes us all feel warm and fuzzy inside. Delicious.

In a bowl chop up the chicken and add all the spices
500g sliced chicken breasts, cubed
2 x tablespoons flour
1 x teaspoon turmeric
1 x tablespoon curry powder
1 x teaspoon garam masala

Fry up the following with a little butter:
1 onion, finely chopped
1 apple, finely chopped

Then add the chicken mixture and fry for about 5 minutes.

Then add
4 ½ cups chicken stock
5 cloves

Cook for about 30 minutes and then add
½ cup basmati rice

Simmer for another 20 minutes

Add the juice of ½ lemon and 60 ml cream
Salt & pepper to taste

Enjoy.

SWEET CHILLI TUNA AND CORN PASTA

This is the easiest tuna pasta recipe - packed with colour and goodness. Great in summer for lunch boxes or a simple dinner.

500g twirled pasta
2x tinned tuna
1 cup frozen sweet corn
1 yellow pepper
1 red pepper
250g sweet chilli sauce
250g mayonnaise

Boil the pasta until soft. Allow to cool. Boil the sweet corn. Chop the red and yellow peppers. Once the pasta has cooled, add the sweet corn and peppers to the pasta as well as the tuna. Mix in the sweet chilli sauce and mayonnaise.