Soups / India

basmati rice, lentils and okra soup · India

A hearty soup with grain, okra and cooked pulses, developed as a India-inspired variation.

Time 40 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 150 g basmati rice
- ☐ 500 g okra
- ☐ 3 g ground cumin
- ☐ 2 g ground turmeric
- ☐ 30 ml neutral cooking oil
- ☐ 450 g drained cooked lentils
- ☐ 1400 ml low-salt vegetable stock
- ☐ 3 g ground coriander seeds
- ☐ salt and pepper to taste

Let's make it.

01 Cook the grain separately according to the packet. Rinse and drain the cooked pulses.

02 Clean the okra and cut into small, even pieces. Finely chop the onion.

03 Heat the oil and soften the onion for five minutes. Add the okra and cook for a few minutes. Pour in the stock and simmer until the vegetable is tender.

04 Add the cooked grain and pulses and heat for five minutes until the soup is piping hot.

05 Stir in the ground cumin, ground coriander seeds, ground turmeric and taste before serving.

AI-developed, not kitchen-tested.

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