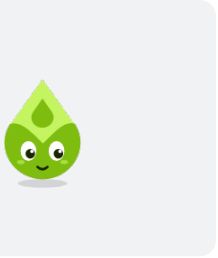
Lunch, Indian

Tangy Lemon Coriander Clear Soup

A light clear soup perfumed with garlic and green chillies, lifted at the last minute by fresh lemon juice and plenty of coriander. Small pieces of cabbage, carrot and onion give every spoonful a gentle crunch.



Low fat | Freezer safe

17 min	67	9.1 g	1 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 1 tbsp lemon juice
- [ ] 1/4 cup finely chopped coriander (dhania)
- [ ] 2 tsp oil
- [ ] 2 tsp finely chopped garlic (lehsun)
- [ ] 2 tsp finely chopped green chillies
- [ ] 1/4 cup finely chopped onion
- [ ] 1/4 cup finely chopped cabbage
- [ ] 1/4 cup finely chopped carrot
- [ ] lemon
- [ ] salt (namak) to taste, restricted salt for health
- [ ] 2 tsp cornflour dissolved in 2 tbsp water

Nutrition Facts

Per serving

Calories	**67**
Total fat	2.8 g
Saturated fat	Not listed
Sodium	24 mg
Total carbs	9.1 g
Fiber	2.5 g
Total sugars	1 g
Protein	1.4 g

Method

- [ ] **1** Warm the oil in a deep nonstick pan over a medium flame, then tip in the garlic and green chillies and let them sizzle for a few seconds.
- [ ] **2** Stir in the onion and cook on a medium flame for 1 to 2 minutes until it softens.
- [ ] **3** Add the cabbage and carrot and toss on a medium flame for 1 minute so the pieces stay crisp.
- [ ] **4** Pour in water to form the light broth, then stir in the cornflour slaked in its water, along with the lemon juice squeezed fresh from the lemon and the salt. Mix well and cook on a medium flame for 2 to 3 minutes, stirring occasionally, until the soup slightly thickens. Toss in the coriander and combine everything.
- [ ] **5** Give the soup one final stir and ladle it into bowls straight away while piping hot.

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