



TOMATO & BASIL SOUP

SERVES: 6

INGREDIENTS:

- 2 Tbsp olive oil
- 3 onions, peeled and thinly sliced
- 2 garlic cloves, peeled and crushed
- 3kg very ripe tomatoes, roughly chopped
- 1 tsp caster sugar
- 1 L chicken stock
- 2 Tbsp rice flour
- 1 handful of basil leaves, roughly chopped
- Freshly ground black pepper, to taste
- Sea salt, to taste



METHOD:

1. Prepare all of the ingredients based on the instructions in the ingredient list.
2. Heat oil in large stockpot, add onion and garlic. Cook until onion is transparent.
3. Add tomatoes and sugar and cook for 10 minutes.
4. Add chicken stock and blend.
5. Heat to simmering point and simmer for 10 minutes.
6. Mix rice flour to a smooth cream with a little of the soup in the small bowl.
7. Add to soup and cook for a further 10 minutes.
8. Stir the basil leaves through.
9. Adjust the seasoning to taste.
10. Ladle the soup into bowls to serve.
11. Serve warm with Indian flatbread.