

Lilly Higgins Soup Recipes

Tomato and Basil Tortellini Soup

Serves 4-6

2 tbsp. Butter

1 onion, finely diced

2 cloves garlic, sliced

1 tbsp. Balsamic vinegar

2 x 400g tins chopped or whole plum tomatoes

400ml Stock

100ml cream

1 handful basil leaves

Sea salt & black pepper

¼ green cabbage, finely shredded

400g Fresh Tortellini

Parmesan

Melt the butter in a heavy based pan over a medium heat. Add the onion and saute until soft, about 5 minutes. Add the garlic and stir till fragrant, watch that the garlic doesn't burn. Season with a little salt and pepper and add the balsamic vinegar. Cook for a minute then remove from the heat. Blitz the cooked onions, tinned tomatoes and half of the basil leaves together till smooth. I use a nutribullet for this and do it in batches. Any strong blender will do. Return the tomato soup to the pan and heat gently, add the cream and check the seasoning, add more salt and pepper if you need to. Simmer gently on a low heat but don't bring to the boil.

Meanwhile place the finely shredded cabbage in a pot with a splash of boiling water, cook on a high heat for about 3 minutes until it's just cooked. Drain and set aside.

Add the tortellini to the soup and cook for a further 3-4 minutes till they are all cooked through.

Ladle the soup into bowls topped with a handful of cabbage and some torn basil leaves. Serve with freshly grated parmesan. Gently spiced with cumin and chillies with sweet carrots and tomatoes, brought to life with fresh lime juice.

Serve this wholesome soup with a dollop of yogurt and brown bread, crusty white bread or flatbreads.

Red Lentil Soup

Serves 4-6

1 tbsp olive oil

1 onion, roughly chopped

320g carrots, peeled and chopped

2 jalapeno chillies & more to serve

2 tsp cumin seeds

200g red lentils

1 x 400g tin chopped tomatoes

1 litre veg or chicken stock

1 lime, zest and juice

Salt

To Serve: Natural yogurt

Pour the olive oil into a large pan. Add the onion and saute over a medium heat for five minutes. Add the cumin and stir until fragrant for a few seconds. Add the lentils, carrots and stock. Simmer for 15-20 minutes until the lentils are soft.

Blitz with a stick blender until smooth. Add a little more water or stock if it's too thick for your liking. Stir through the lime juice. Taste for seasoning. Serve with a dollop of yogurt, jalapenos and the lime zest.

Hot & Sour Soup

Serves 4

1 tbsp light olive oil

2 garlic cloves, thinly sliced

1 x 3" piece ginger, finely chopped

1.5 litres stock, vegetable or chicken

3 tbsp soy sauce

4 tbsp vinegar, white or apple cider

1 tbsp toasted sesame oil

1/2 tsp crushed chilli flakes

1 tsp White pepper

250g Mushrooms, sliced

1/2 Chinese cabbage, finely sliced

2 carrots, peeled and cut into thin strips

250g firm tofu, cut into 2" x 1/4" strips

2 eggs, lightly beaten

2 spring onions, finely sliced

Heat the oil in a pan over medium heat. Add the garlic and ginger, stir for a minute so it doesn't burn. Once it becomes fragrant add the stock. Then add the soy sauce, vinegar, sesame oil, chili flakes and pepper. Simmer for 10 mins.

Add the cubed tofu, sliced mushrooms, cabbage, carrot and any other vegetables you're using. Cook for 3 minutes then lower the heat. Check the seasoning and make sure you're happy with the balance of sour, salt and heat.

Swirl in the whisked egg so it sets in ribbons. Gently keep stirring for 30 seconds in a circular motion to prevent the egg from slumping and create those signature ribbons of egg. Remove from the heat. Place the lid on and leave for a minute before ladling into bowls and topping with sliced spring onion and a few chilli flakes.

