

# Persian Minted Onion Soup

## Ingredients

- Oil/Water spray
- 4 large onions, thinly sliced
- 1 tsp caster sugar
- ¼ tsp ground turmeric
- ⅛ tsp ground cinnamon
- ⅛ tsp ground cardamom
- 2 tbsp flour
- 1 ltr chicken stock
- 3 tbsp lemon juice
- 3 tbsp lime juice
- 2 tbsp chopped mint leaves



## Method

1. Heat a squirt of oil-water spray in a heavy based pan. Add the onions, sugar, turmeric, cinnamon and cardamom and 4 tbsp water.
2. Cover with a lid and cook over a moderate heat for 10-15 minutes, stirring regularly until all the liquid has evaporated, leaving the onions tender, caramelised and golden in colour.
3. Sprinkle over the flour and cook over a reduced heat for 2 minutes.
4. Gradually add the chicken stock, stirring regularly, and then bring to the boil.
5. Reduce the heat and simmer for 40 minutes.
6. Mix together the lemon and lime juice, then add to the soup and simmer for a further 10 minutes.
7. Stir in the mint and serve immediately.

## Notes

Nutrition: per serving

Kcal	Fat	Saturates	Carbs	Sugars	Fibre	Protein	Salt
107	1g	0g				31g	0.33g