

## FEATURED RECIPES

### Lemon Coriander Soup

#### Ingredients

4 medium sized diced onions  
½ tablespoon crushed garlic  
½ teaspoon crushed ginger  
½ cup mixed sprouts  
6 - 7 medium baby corn diced  
1 medium diced carrot  
½ cup pearl barley half soaked for an hour  
1 cup diced mushrooms  
¾ cup finely chopped coriander leaves  
⅓ cup roasted vermicelli  
1 full table spoon chicken stock powder  
400 grams chicken  
1.5 - 2 litre water  
2 tablespoon olive oil  
Salt to taste



#### Method

Heat oil and sauté onions along with garlic and ginger. Once they turn light golden brown and fragrant add the chicken pieces and sauté for a few minutes. Add the baby corn, carrot, mixed sprouts and sauté for a 2-3 minutes more. Combine barley and chicken stock powder. Incorporate water and let it boil in medium flame for about 30-40 minutes till the barley is soft and chicken is cooked. Put some mushrooms and vermicelli and cook for further 5 minutes. Check if the soup needs salt as the chicken stock has enough salt in it. Cover with a lid, and let it simmer for five minutes. Remove from flame and add chopped coriander. Serve with lime wedges.



Anaida is a performer, actor, director, producer, pop and playback singer, multi-linguist, advertising conceptualizer, writer and painter. From starting as a teenage pop star, she has been an integral part of the Indian entertainment industry for almost 17 years. She consults for Oakwood Premier Pune and has a passion for cooking and gardening. She loves to create fusion foods, mixing her mother's knowledge of naturopathy with ingredients from around the world taught her to create dishes she calls "soul food".

"I have a passion for cooking. This soup is easy to make and is excellent to have when the season is changing, if you have a cold or if you are feeling under the weather and want to avoid a possible flu. I have put this combination of the vegetables together specifically to boost your immunity. If you like to create a vegetarian version you can simply omit the chicken and replace the chicken stock with vegetables stock powder"