

Cauliflower Soup

Serves: 6

Prep time: 15 minutes + cooling time

Cook time: 30 minutes



2 serves per portion

Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 medium onion, roughly chopped
- 3 garlic cloves, crushed
- 2 teaspoons ginger, grated
- 2 teaspoons ground turmeric
- 2 teaspoons curry powder
- 2 teaspoons ground cumin
- 1 cup evaporated milk
- 1 ½ cups vegetable stock
- 1 large head of cauliflower, cut into florets
- ¼ teaspoon cracked pepper
- 3 tablespoons coriander, roughly chopped
- 6 slices wholegrain bread (to serve)

Method

HEAT a large saucepan over medium heat.

ADD oil, onion, garlic and spices and sauté for 1 minute.

ADD evaporated milk, stock and cauliflower florets.

COOK until soft, cool slightly then blend with a hand blender to create a creamy soup.

GARNISH with cracked pepper and coriander and serve with toasted bread.



Everyday Food

Recipe courtesy of Judy Stubbs, Maleny Branch