

Cauliflower and Curried Lentil Soup

Serves: 4

Prep time: 10 minutes

Cook time: 30 minutes

 2 ½ serves per portion

Ingredients

1 cauliflower, trimmed of leaves, chopped roughly

2 tablespoons extra virgin olive oil

2 teaspoons fennel seeds

1 cup red lentils

3 tablespoons curry paste

1 L vegetable stock, salt reduced

½ lemon, juiced and zested

Method

PREHEAT oven to 180oC. Line baking tray with baking paper.

HEAT large pot with remaining oil, add lentils and stir through curry paste, adding vegetable stock and bring to slow boil. Simmer for 25 minutes until lentils are cooked through.

TOSS the cauliflower in a bowl with ½ the oil and fennel seeds until evenly coated.

ARRANGE cauliflower over baking tray in single layer and roast in oven for 15 minutes.

COOL cauliflower slightly, add to deep jug to blitz with stick blender until smooth.

ADD cauliflower to cooked curried lentils and stir through with lemon juice and zest.



Everyday Food

Recipe Courtesy of the Country Kitchens Team