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CURRIED CAULIFLOWER SOUP

This curried cauliflower soup ticks all of those 'comfort food' boxes – it is hearty, thick, creamy, smells divine and the spices give us that extra kick of heat that our bodies so desperately want in the winter months. Albeit looking pretty bland and boring, Cauliflower actually contains amazing phytonutrients which help to activate our detox enzymes! They are also an excellent source of Vitamin C and manganese, as well as containing Vitamin K which acts as an anti-inflammatory. The toasted chickpeas on top not only add crunch, but also add a great vegetarian protein source to the dish.

4 portions

INGREDIENTS

- 1 tablespoon of oil, olive, salad or cooking (14 g)
- 1 small unit of onions, raw (70 g)
- 1 clove of garlic, raw (3 g)
- 2 tsps of spices, curry powder (4 g)
- 3 fresh Curry leaves (or 8 dried)
- 1 large potato, blue, cut in quaters (369 g)
- 1.5 liters of beverages, water, tap, well (1500 g)
- 1 large cauliflower, cut into small florets (840 g)
- 1 x 400g tin of chickpeas, washed and drained (448 g)
- 2 tsps of, cumin seed (4 g)

COOKING METHOD

1º In a large pot heat olive oil and saute onions until soft and translucent
2º Add garlic, curry powder and curry leaves and cook for a further 2 minutes
3º Add potato and cauliflower florets as well as stock and bring to the boil
4º Reduce to a simmer and allow to cook for about 30 – 40 minutes or until vegetables are soft
5º Turn off heat and allow to cool slightly
6º Meanwhile, heat oven to 180 degrees Celsius
7º Line baking tray with baking paper and add chickpeas
8º Drizzle with olive oil and sprinkle with ground cumin & sea salt
9º Bake for about 15 minutes or until golden and crispy
10º Once soup is slightly cooled, a little at a time blender and blitz until smooth and creamy – repeat with remaining soup
11º Serve in bowls and top with crunchy chickpeas and fresh Coriander leaf

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (814 g)	% DRI
ENERGY	32 kcal	263 kcal	13 %
FAT	1 g	7 g	10 %
FATTY ACIDS, TOTAL SATURATED	0 g	1 g	5 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	51 mg	411 mg	17 %
CARBOHYDRATE	5 g	44 g	15 %
SUGARS	1 g	6 g	–
FIBER	2 g	13 g	50 %
PROTEIN	1 g	12 g	–