

SPICED CAULIFLOWER SOUP



PREP TIME
15 MINUTES



COOK TIME
25 MINUTES



MAKES
4-6 PORTIONS

INGREDIENTS

1 large cauliflower (1.5kg),
cut into florets

½ tbsp ground cumin

2 tbsp olive oil , plus extra
for drizzling

4 thyme sprigs

1 onion , finely chopped

1 celery stick, finely
chopped

1 garlic clove , crushed

750-850ml vegetables or
chicken stock

½ small bunch of parsley ,
finely chopped

You will need:

Knife

Chopping board

Saucepan

Blender or food processor

*Best for: Light dinners
or easy lunches.*

Reference:
[www.bbcgoodfood.com/
recipes/cauliflower-soup](http://www.bbcgoodfood.com/recipes/cauliflower-soup)



METHOD

1. Heat the oven to 220c/200c fan/gas 7. Toss the cauliflower florets in a roasting tin with 1 tbsp olive oil, the cumin and the thyme. Roast for 15 mins or until golden and tender. Discard the thyme
2. Heat the remaining oil in a saucepan with the onion and celery and fry over a medium heat for 10 mins or until softened. Add the garlic and cook for 1 min. Stir through most of the cauliflower, reserving some to top the soup with later. Add 750ml of the stock to the pan and bring to a simmer. Cook for 10 mins.
3. Blitz the soup until smooth using a hand blender or food processor. Season to taste. Add extra stock if you like your soup a little thinner.

TOP TIP:

YOU CAN ADD SOME FRESH CHILLI IF YOU LIKE A LITTLE EXTRA KICK!