



Cauliflower Soup

SERVES: 6 meals

INGREDIENTS:

- 4 onions
- 6 garlic cloves
- 4 celery sticks
- 1 cauliflower
- 2 tbsp sunflower oil
- 4 cm knob ginger
- 4 fresh kaffir lime leaves
- 2 tsp green curry paste
- 2L vegetable stock
- 400ml coconut milk
- Handful coriander
- 1 cup reduced-fat or regular cream
- Salt
- Pepper



METHOD:

1. Finely chop the onion, garlic, celery and cauliflower
2. Put the pot on medium heat and add the oil
3. Add onion, garlic, ginger, celery, cauliflower and the kaffir lime leaves to the hot oil
4. Add curry paste and cook until fragrant
5. Stir in the stock and coconut milk, and simmer for 20 minutes
6. Remove a cup of the liquid and set aside
7. Chop the coriander and add the coriander and the cream to the soup
8. Blend the soup with the stick blender
9. Add liquid if the soup is too thick
10. Taste and add salt and pepper as needed