

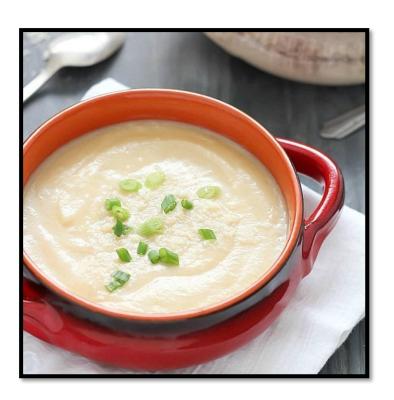
Growing Harvesting Preparing Sharing

## **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