



INDIAN INSPIRED CAULIFLOWER SOUP

4 tablespoons coconut oil
1 head of cauliflower, cut into florets
1 garlic clove, chopped finely
Sea salt
1 tablespoon yellow mustard seeds
10 curry leaves
3 onions, diced
4 teaspoon Garam masala
¼ teaspoon cayenne pepper
750ml chicken or veggie stock
1.5 teaspoons apple cider vinegar
Freshly ground black pepper
Toasted cumin seeds to serve (or sprinkle cumin powder)
Fresh coriander to serve

Preheat oven to 200°C

Melt 2 of the tablespoons of coconut oil – then on a large baking tray toss cauliflower florets with garlic and the melted coconut oil and 1 teaspoon garam masala – sprinkle a little sea salt – and roast for approx. 25 mins or until cauliflower is golden brown – remove from oven and set aside.

Heat the remaining 2 tablespoons of coconut oil in a large saucepan over a medium heat – add the mustard seeds and curry leaves and cook for 1 min – add the onion and cook for a further 3-4 mins – add 3 teaspoons garam masala, cayenne pepper plus 2/3 of the cooked cauliflower – and cook for a few mins until fragrant.

Add the stock and an extra 750ml of water and bring to the boil – reduce the heat to low and then simmer for 10-15 mins – remove from the heat and use a hand held blender or place in a blender and blend until smooth – stir in the vinegar and add some salt and pepper to taste if needed.

Ladle soup into bowls and place a few pieces of the left over cooked cauliflower, top with a some of the fresh coriander and sprinkle of toasted cumin seeds or cumin powder.

And now ready to dig in – rich, creamy, aromatic and flavoursome!

Healthy Soup!!!!