

Indian Spiced Cauliflower Soup

GF / NF / DF



We are well and truly in the heart of winter now, so here is a super healthful and hearty soup for you to whip up on a cold winter's night. I like to make a double batch whilst I am at it as it freezes really well and is great to bring out for a quick delicious and nutritious lunch at work.

The spices in this soup add a lovely hit of heat whilst the cauliflower provides a huge hit of vitamin C to keep those nasty cold and flu bugs at bay. Cauliflower also provides a good source of vitamin K, protein, thiamin, riboflavin, niacin, magnesium, phosphorus, fibre, vitamin B6, folate, pantothenic acid, potassium, and manganese all of which help us function at our best and add to our overall sense of wellbeing. This recipe has been inspired by Pete Evans version in his Healthy Every Day cook book.

4 tbsp of coconut oil

1 cauliflower head, cut into florets

3 onions, diced

1 garlic clove, finely chopped

sea salt

1 tbsp mustard seeds

10 curry leaves (you can get these from bulli fruit shop)

1/4 tsp cayenne pepper (optional)

750ml chicken stock

1.5 tsp apple cider vinegar

4 tsp garam masala

Fresh coriander to serve

Serves 4

Preheat oven to 200° C

Melt 2 tbsp of coconut oil. On a large baking tray, toss the cauliflower florets and garlic with melted coconut oil and 1 tsp of garam masala. Sprinkle with a little salt and roast for 25 minutes. Remove from the oven and set aside.

Heat the remaining coconut oil in a large saucepan over medium-high heat. Add the mustard seeds and curry leaves and cook for 1 minute. Add the onion and cook for 3-4 minutes, or until softened. Add 3 teaspoons of the garam masala, cayenne pepper (if using), cauliflower and garlic and cook for a few minutes until fragrant. Add stock and 750ml of water and bring to the boil. Reduce the heat to low and simmer for 10-15 minutes, or until the cauliflower is really soft. Remove from the heat and blend until smooth. Stir in the vinegar. Taste and add salt and pepper, if necessary.

Ladle the soup into bowls and top with coriander leaves, and season to taste.