

# Curried cauliflower & potato soup



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Preparation 15 mins | Cooking 35 mins | Serves 4-6

- 2 tbs olive oil
- 1 brown onion, chopped
- 2 garlic cloves, crushed
- 2-3 tbs (to taste) Indian Korma curry paste
- ½ small cauliflower, trimmed and cut into small florets
- 500g Desiree or Sebago potatoes, peeled and roughly chopped
- 6 cups chicken stock
- ⅓ cup coriander leaves, chopped
- Pappadams or warm naan bread, to serve
- \*you'll need about 500g cauliflower florets*

**STEP 1** Heat oil in a large saucepan over medium heat. Add onion and cook, stirring often, for 3-4 minutes until just tender. Stir in garlic and curry paste. Cook for 1 minute until fragrant.

**STEP 2** Add cauliflower, potatoes and stock. Cover and bring to the boil over medium-high heat. Reduce heat and simmer, stirring occasionally, for 20-25 minutes until tender.

**STEP 3** Using a stick blender, blend soup until smooth. Heat soup over medium heat until hot. Stir through coriander and season with salt and pepper to taste. Serve with pappadams or warm naan bread.

## Good for you... **CAULIFLOWER**

*A source of dietary fibre which helps normal functions of the intestine to help keep us regular. A good source of vitamin K which is one of the many nutrients contributing to normal bone structure. An excellent source of vitamin C, with 100g supplying well over a full day's requirement. This vitamin contributes to the normal immune function.*

