

# Cauliflower, leek & bacon soup



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Preparation 25 mins | Cooking 50 mins | Serves 4-6

- 1 tbs olive oil
- 250g short-cut bacon rashers, thinly sliced
- 2 leeks, trimmed, halved lengthways and thinly sliced
- ½ medium cauliflower\*, trimmed and cut into small florets
- 400g potatoes, peeled and chopped
- 6 cups chicken stock
- Grated reduced fat tasty cheese, to serve

*\*you'll need about 600g cauliflower florets*

**STEP 1** Heat oil in a large saucepan over medium heat until hot. Add bacon and cook, stirring occasionally, for 4-5 minutes until just crisp. Transfer ¼ cup bacon to a plate lined with paper towel and set aside. Add leeks to remaining bacon in pan and cook, stirring often, for 4-5 minutes until tender.

**STEP 2** Add cauliflower, potatoes and stock to pan. Season with salt and pepper to taste. Cover and bring to the boil, stirring occasionally. Reduce heat to medium-low and cook, stirring often, for 30-35 minutes until vegetables are tender.

**STEP 3** Using a hand blender, blend soup until smooth. Warm soup over low heat. Season with salt and pepper to taste. Ladle into serving bowls. Sprinkle with cheese and reserved bacon, and serve.

## 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.*

