

This month's recipe!

Curried Cauliflower Soup

Ingredients

- 4 tbsp olive oil
- 1 onion, finely chopped
- 1 tbsp mild curry powder
- 600g/1lb 5oz cauliflower, stalk removed, florets roughly chopped
- 500ml/17fl oz milk
- 500ml/17fl oz vegetable stock
- pinch sea salt flakes
- freshly ground black pepper
- squeeze lemon juice
- 1 tbsp chopped fresh coriander or parsley leaves, to garnish



Preparation method

1. Heat 1 tablespoon of the rapeseed oil in a deep-sided sauté pan over a medium heat. Add the onion and fry for 1-2 minutes, or until just softened. Stir in the curry powder and cook for a further minute, then add the cauliflower and stir-fry for 2-3 minutes.
2. Pour in the milk and vegetable stock and bring the soup to the boil, then reduce the heat until the soup is simmering and simmer gently for 12-15 minutes, or until the cauliflower florets are just tender.
3. When the soup is ready, set aside to cool slightly, then blend to a smooth purée using a food processor or hand-held blender. Return the soup to the saucepan, season, to taste, with salt and freshly ground black pepper, then finish with a squeeze of lemon juice.