




CAULIFLOWER AND LEEK SOUP



A hearty warming soup that's quick and cheap to make. With spicy, toasted cauliflower croutons, it's a tasty meal.

-  Serves 6
-  Prep 15 minutes
-  Cook 25 minutes



Each 283g serving contains (excludes serving suggestion)

KCal	Carbs	Fibre	Protein	Fat	Saturates	Sugars	Salt	Fruit/Veg Portion
161	18.2g	7.7g	9.1g	3.3g	0.4g	10.0g	0.17g	3

Ingredients

2 tsp rapeseed oil + 1 tsp to oil baking sheet

1 cauliflower (800g), in florets

1 heaped tsp turmeric

1 large onion, chopped

2 leeks, sliced

1 tsp ground cumin

2 cloves garlic, crushed

good pinch white pepper

1 low-salt vegetable stock cube in 600ml water

1 x 400g can butterbeans, drained (240g)

300ml skimmed milk

Black pepper to taste

Method

Step 1

Preheat the oven 180°C/gas mark 4 and lightly oil a baking sheet.

Step 2

Break $\frac{1}{4}$ of the cauliflower into very small florets, rinse in cold water, shake off any excess and add to a bowl. Sprinkle with the turmeric and mix well. Place on the baking sheet and roast for 10-15 minutes until the edges are starting to char, then set aside.

Step 3

Meanwhile, add 2 tsp oil to a pan and add the onion. Cook for 3-4 minutes until softened, but not browned. Add the leeks and the rest of the cauliflower and cook a further 3-4 minutes, stirring regularly.

Step 4

Add the cumin, garlic, pepper and stock and bring to the boil. Turn down the heat, cover, and simmer gently for 8-10 minutes until the cauliflower is cooked.

Step 5

Add the butter beans and blend gradually, adding the milk until smooth. Bring up to heat then divide between 6 bowls and top with the roast cauliflower and a good grind of black pepper.

Recipe tips

- ✓ You could try other beans, such as flageolet for this soup.
- ✓ Try adding 1-2 tsp curry paste or powder to the soup along with the garlic and cumin.
- ✓ You can make the soup in advance and reheat - don't top the dish with the cauliflower croutons until just before serving.;
- ✓ Freezing instructions: Suitable for freezing once cooked. Freeze cauliflower croutons separately. Defrost in a microwave or over a very low heat until piping hot.