



CAULIFLOWER SOUP

This cauliflower soup recipe will absolutely satisfy your craving for warm, creamy soup.

INGREDIENTS

36g butter

1 small (420g) cauliflower without leaves

1 onion chopped

1 leek sliced

1 garlic clove chopped

30g celery

300g Maris Piper potatoes, peeled and cubes

1.6 litres vegetable stock

500ml full fat milk

1 nutmeg grated

Salt & Pepper

Melt the butter on a medium heat and sweat the onion, leek, garlic and celery until soft, add the chopped cauliflower and continue to cook for a further 10 minutes. Add the vegetable stock and potatoes.

Bring to the boil, lower the heat and simmer for 25 minutes until all the vegetables are tender and falling apart.

Liquidise until smooth, return to the stove, add the milk, grated nutmeg and season with salt and pepper.

Serve and enjoy!

Serves 6

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