BLENDERS

CURRIED CAULIFLOWER SOUP

Indulge in warmth and flavour this soup season with this creamy curried cauliflower soup, topped with crispy roasted chickpeas for a savoury crunch.

PREP TIME 10 MIN

COOK TIME 29 MIN

SERVINGS 4

Ingredients

- 2 tbsp vegetable oil
- 50g butter
- 1 onion, diced
- 2 garlic cloves, grated
- 2.5 tbsp curry powder
- 1L Blenders Vegetable Bouillon, prepared
- 1 large cauliflower (about 800g), broken into florets
- 80g drained chickpeas
- 200g cream
- 4 tbsp coriander, chopped
- Sea salt and cayenne pepper to taste

Allergens

Contains Milk, Celery

Method

1. Heat the oven to 180°C/Fan 160°C/Gas 4. Toss the florets in oil and sprinkle with half the curry powder. Bake for 5 minutes, or until the cauliflower florets are golden brown.
2. Toss the chickpeas in oil and sprinkle with curry powder. Bake for 15 minutes until crunchy.
3. In a large saucepan, melt the butter over a medium-low heat. Add the onion and garlic and sweat gently, stirring from time to time, for 10–15 minutes until soft. Pour in your prepared vegetable bouillon, bring to the boil and add the cauliflower florets (keeping some small florets and leaves for decoration). Turn the heat down to a simmer and cook for 5 minutes, until the cauliflower is soft. Add the cream and bring to a simmer.
4. Blitz with a stick blender, or food processor. Adjust for seasoning. Ladle the soup into warmed bowls and scatter over the chickpeas, cauliflower florets and coriander.