

Turmeric & cauliflower soup

vegetarian, vegan option, gluten free

serves 4



Ingredients

- 2 tbsp ghee or olive oil (if vegan)
- 5 garlic cloves finely chopped
- 1 thumb size piece of ginger finely chopped
- 1 green chilli, finely sliced (seeds optional)
- 1 brown onion finely chopped
- 1 tbsp curry powder
- 1 heaped tsp ground coriander
- ½ tsp ground turmeric
- ¼ tsp chilli powder
- 1 whole head of cauliflower cut into bite-sized florets
- 1 400g can chickpeas, rinsed and drained
- 400ml vegetable stock
- 1 400ml good quality full-fat coconut milk
- Salt and pepper, to season
- A generous handful of roughly torn fresh coriander, to garnish

How to make

- One** In a large lidded sauté pan or soup pot, heat the ghee or oil over a medium-low heat.
- Two** Reduce the heat to low and add the garlic, ginger, chilli, onion and spices to the pan to cook for around 10 minutes, until the mixture is soft and fragrant. Then, add the cauliflower florets and cook for another 5 minutes, until the cauliflower is golden from the spices and has started to soften.
- Three** Add the chickpeas, stock and coconut milk to the pot, season well with salt and pepper, then turn the heat up and bring the soup to the boil. Once boiling, place the lid on, turn the stove down to a low heat and leave the soup to simmer for 10 minutes.
- Four** After 10 minutes, taste the soup and adjust the seasoning if you need. Then remove from the heat, serve the soup into four bowls and then generously garnish with fresh coriander and pepper

