

## Curried Cauliflower Soup



In this issue, we are thrilled to share with all the soup lovers this delicious curried cauliflower soup recipe that we absolutely love! Rich in colours and flavours, the ingredients in the soup are sure to nourish the body. Enjoy!

### Ingredients

- 1 large head of cauliflower, cut into small florets, stems chopped
- Up to 4 tablespoons melted coconut oil or olive oil, divided
- 1 medium yellow onion, diced
- 2 tablespoons Thai red curry paste
- ½ teaspoon lemon zest
- ½ cup unoaked white wine
- 1 ½ cups vegetable broth or stock
- 1 can (397g) light coconut milk
- ½ teaspoon sugar
- 1 to 3 teaspoons rice vinegar
- Salt and ground black pepper
- ¼ cup chopped green onions or chives
- 1 tablespoon chopped fresh basil
- Thinly sliced chilli pepper

### Method

1. Preheat oven to 400 degrees Fahrenheit. Toss the cauliflower with coconut oil (up to 3 tablespoons) and spread the cauliflower in a single layer on a large baking sheet. Roast until the tips of the cauliflower are golden brown, about 25 to 30 minutes.
2. In a large pot over medium heat, warm 1 tablespoon of the coconut oil until shimmering. Add the onion and a dash of salt, stirring occasionally for 3 minutes. Add the curry paste and lemon zest and stir well. Raise the heat to medium-high; add the wine, stirring frequently until most of the wine has evaporated.
3. Add all of the roasted cauliflower stems and half of the florets to the pot. Add the vegetable broth, coconut milk and sugar. Bring the mixture to a gentle simmer, stirring occasionally. Continue simmering for 5 to 10 more minutes to meld the flavours, reducing heat as necessary to maintain a gentle simmer. Remove the pot from the heat.
4. Let the soup cool for a few minutes and use an immersion blender to blend until smooth.
5. Stir in 1-teaspoon vinegar and salt and pepper, to taste. Ladle the soup into 4 bowls. Top each with ¼ of the cauliflower florets, a sprinkle of basil and chives and chilli peppers (if using).