

CREAMY CAULIFLOWER SOUP

SERVES 4 / PREP TIME 10 MINS / COOK TIME 70 MINS

Ingredients

1 whole bulb of garlic	1 leek, washed and sliced
1 small cauliflower	1 large onion, chopped
1 tsp ground cumin	1 litre best quality vegetable stock
1 tsp freshly grated nutmeg	400g tin of butter beans, drained
1 tsp turmeric	salt and ground white pepper
1 tbsp coconut oil	smoked paprika, to serve

Method

Preheat oven to 180°C (160°C fan). Line a baking tray with baking paper.

Place the bulb of garlic on the baking tray and roast for 20 minutes. Remove, wrap it loosely in foil and place it back on the tray. Roast for a further 30 minutes. Remove the garlic from the oven and set it aside to cool, keeping it wrapped in the foil. Leave the oven on.

Separate the cauliflower florets from the core. Dice the core and set it aside. Spread the florets evenly over the baking tray and sprinkle with the spices. Roast for 10 minutes. Set aside.

Break the garlic bulb into cloves and peel them as best you can. You only need half for this dish but make homemade garlic oil with the remaining cloves by covering them with olive oil and storing in a jar in the fridge for up to 5 days.

Heat the coconut oil in a large pan over a medium heat, add the sliced leek and onion, and cook for about 10 minutes until soft, but not brown. Add the reserved diced cauliflower core with the roasted garlic cloves, butter beans and the vegetable stock. Bring to the boil and simmer for 10 minutes.

Add the spiced florets, season to taste and simmer for a further 5 minutes. Remove from the heat, then use a stick blender (or you could pour your soup into a blender) to blitz until smooth.

Serve with a dusting of paprika.



Nutrifacts



Garlic is high in VITAMIN C, an important antioxidant which supports the immune system. Laboratory tests have also indicated that garlic has anti-inflammatory properties and may help modulate the immune system

Cauliflower is high in VITAMIN C, an important antioxidant which supports the immune system and aids collagen production, as well as VITAMIN K which promotes blood coagulation and healthy bones. Cauliflower is also high in POTASSIUM which helps maintain healthy blood pressure

Turmeric contains curcumin, a powerful antioxidant and anti-inflammatory compound which can help to alleviate symptoms of conditions such as arthritis, endometriosis, inflammatory bowel disease and joint pain

Coconut contains high levels of LAURIC ACID, a type of saturated fat that research has now proven can actually increase good cholesterol. However, as coconut contains other saturated fats, it might also promote cardiovascular disease and is therefore best consumed in moderation

Leeks contain FIBRE helping intestinal health and transit, and PREBIOTICS which feed the beneficial bacteria in the gut

Beans and pulses are a great source of vegetarian lean PROTEIN. The carbohydrates in beans are complex, and are thus released slowly, helping keep our energy levels balanced, as well as being a fabulous source of FIBRE