

Cauliflower Soup

Ingredients:

- ❖ 1 large cauliflower
- ❖ 30g butter
- ❖ 2 brown onions
- ❖ 6 cups of salt-reduced chicken stock
- ❖ 4 tbsp. of light cream

Serves 6



Method:

To begin, cut cauliflower into small flowerets. Melt the butter in a pan. Add peeled and chopped onions and cook until transparent. Add cauliflower to pan and mix well. Cook for 2 minutes whilst stirring continuously, then add the stock. Bring to the boil, reduce heat and then leave to simmer covered for 20 minutes until soft. Next add the cream, and then puree the soup in a blender or food processor. Season with salt and pepper as per flavour preferences and serve warm.

This recipe can easily be doubled in quantity with left overs being frozen for easy dinners in the future.