Curried Cauliflower Soup

Serves 4

1 yellow onion, chopped

1 cauliflower head

2 tsp. fennel seeds

1 cup. (190g) red lentils, dry

3 tbsp. yellow curry paste

salt and pepper

2 tbsp. olive oil

What you need to do

1. Heat the oven to 400°F (200°C).

2. Separate the cauliflower head into small florets. Drizzle ¼ of the cauliflower with 1 tablespoon of olive oil, and season with 1 teaspoon of the fennel seeds and salt and pepper. Place in a roasting dish and set aside.

3. Heat the remaining 1 tablespoon of oil in a large pot, adding the chopped onion and the remaining 1 teaspoon of fennel seeds. Cook for 3-4 minutes until onion has softened. Add in the remaining cauliflower and lentils to the pan. Stir in the curry paste and add in 1 litre of water. Bring to a boil, then reduce the heat and simmer gently for 25 minutes, until cauliflower is tender and lentils are cooked.

4. In the meantime, place the roasting dish with cauliflower into the oven and roast for 20 minutes, until browned.

5. Once soup is cooked blitz it with a hand blender until smooth and creamy. To serve, divide the soup between bowls and top with the roasted cauliflower.

GF	DF	MP	V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	25 mins	296	8	44	15

*Nutrition per serving

NDA FITNESS