

Turmeric Cauliflower Soup and Coriander Oil

Ingredients

1.5 tsp ground turmeric
1 tsp ground cumin
1 fresh red chilli
1 onion, diced
1 teaspoon extra virgin coconut oil
2 cloves garlic, diced
1 litre veg stock (broth)
Pinch of sea salt to taste
1 large cauliflower, leaves removed then roughly chop florets and stem



Coriander oil

2 handfuls coriander - stems and leaves separated, leaves finely chopped
zest of 1 lemon,
Juice of ½ lemon
1 garlic clove, finely diced
2 tbs extra virgin olive oil
sea salt and pepper to taste

Method:

1. Add the spices to a large pan and dry fry for a minute until fragrant, stir occasionally to stop it burning
2. Add the onion and coconut oil for 5 mins until softened then add the garlic for a final minute
3. Add the roughly chopped cauliflower and the chopped cauliflower stems
4. Add the stock (broth), a pinch of sea salt, coriander stems and turn up the heat to a medium simmer and simmer for 12 – 15 minutes until the cauliflower is tender (check with a knife)
5. Meanwhile, finely chop the coriander leaves and mix in a small bowl with the lemon zest, garlic and extra virgin olive oil and season to taste
6. Then blend the soup in batches, checking for seasoning as you go
7. Serve each bowl of soup with a drizzle of the coriander oil