


Cauliflower cheese soup


| Measurements | Ingredients |
|--------------|-------------------------------|
| 15 gr | unsalted butter |
| 1 | white onion(finely chopped) |
| 1 | garlic cloves(finely chopped) |
| 2 | cauliflower(1 medium head) |
| 600 gr | potato(peeled) |
| 230 gr | vegetable stock |
| 1 tbsp | dijon mustard |
| 180 gr | extra mature cheedar |

Melt the butter, in a large pan, over medium heat.
Add the onion,celery and garlic and sauté for around 6 minutes.
Add the cauliflower, potato and stock.
Bring to a simmer, cover and cook for 20 minutes or until the potato and cauliflower is soft.
Turn the heat off, add the mustard and using a stick (immersion) blender, blitz until smooth.
Add the cheese and stir until melted.
Taste and season.

| Macros |
|-----------------|
| Fat 2.3 gr |
| Protein 10.8 gr |
| Carbs 1.9 gr |
| Fiber 0.7 gr |
| Sugar 0.3 gr |
| Kcal |
| 83 per serving |


prep time
20 min.


cook time
30 min.


serving
4 servings