



Cauliflower Soup*

Serving: 1

Veg

Ingredients

- -1 tsp olive oil
- -1 tbsp chopped onion
- - $\frac{1}{4}$ tsp garlic chopped (optional)
- - $\frac{1}{4}$ cup cabbage chopped
- - $\frac{1}{2}$ cup cauliflower florets roughly cut
- -1 . 5 cup veg stock
- -1 pinch nutmeg
- -salt and pepper to taste
- **For garnish :**
- 1 tbsp chopped parsley / coriander

Preparation Method

- 1) using a sauce pan , heat 1 tbsp olive oil , add chopped onion , cook until soft , but not brown about 2 minutes
- 2) Add chopped garlic
- 3) Place cauliflower and chopped cabbage into pan . followed by veg stock and bring to boil.
- 4) Cover the soup and simmer for 10-15 minutes , or until the cauliflower is soft
- 4) Puree the mixture , add nutmeg
- 6) Season to taste with salt and pepper and add chopped parsley and grated cheese . serve it warm .