



Cauliflower Red Bell Pepper Soup*

Serving: 1

Veg

Ingredients

- 2 medium-sized red bell peppers
- $\frac{1}{4}$ head of cauliflower, diced into florets
- 1 tablespoons oil
- 1 tbsp onion, chopped
- $\frac{1}{2}$ tsp garlic, minced
- 1 $\frac{1}{2}$ cups chicken stock OR veg stock
- 1 teaspoon fresh thyme
- 1 teaspoon paprika
- salt and pepper, to taste

Preparation Method

- Cut the red bell peppers in half, scoop out the seeds and lay face-down on a baking sheet lined with parchment paper. Broil in the oven on high until the skin has become black. Remove from the oven and place into a sealed container and allow the peppers to cool down and steam. This step makes it easier to remove the skin from the pepper.
- Broil the cauliflower florets in the oven on high until they are tender and crisp, making sure to turn them over halfway. Takes about 10-12 minutes.
- While the cauliflower is roasting, place the oil in a pot, add in the diced onion and garlic cloves. Saute over medium-to-low-heat until the onions are tender and caramelized.
- Add the chicken stock / veg stock, thyme, and smoked paprika into the pot and mix everything together. Allow the mixture to simmer on medium-heat.
- Remove the skins from the peppers, dice the peppers and add them into the pot; mix together. Do the same with the cauliflower. Allow the soup to simmer on medium-heat for 10 minutes.
- Add the soup into a blender and blend until the mixture is creamy and pureed. Add the pureed soup into the same pot, add salt and pepper to taste; allow it to simmer on low-heat until ready to serve
- top it up with cream