

Cauliflower dhal soup

- **13 Ingredients**
 - **2 Method Steps**
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- ☐
1 tbsp olive oil
- ☐
1 onion, finely chopped
- ☐
2 carrots, finely chopped
- ☐
1 tsp finely grated ginger
- ☐
1/2 tsp ground cumin
- ☐
1/2 tsp ground coriander
- ☐
1/2 tsp ground turmeric
- ☐
1 cup red lentils, rinsed, drained
- ☐
3 cups Massel vegetable liquid stock
- ☐
500g [cauliflower](#), cut into florets
- ☐
1 cup Jalna Greek Natural Yoghourt

- ☐

Coriander sprigs, to serve

- ☐

Pappadums, to serve

- ☐

ADD TO SHOPPING LIST

- **Step 1**

Heat oil in a large saucepan over medium heat. Cook onion, carrot and ginger, stirring, for 10 minutes or until softened. Add spices and cook, stirring, for 30 seconds or until fragrant. Stir through the lentils. Add stock and cauliflower. Season and bring to the boil. Reduce heat and simmer, covered, for 20 minutes or until lentils and vegetables are tender. Stir through half of the yoghurt.

- **Step 2**

Dollop over remaining yoghurt and sprinkle with coriander. Serve with pappadums.
