

Creamy pea and cauliflower soup

- **High in Protein**
- **High in Dietary Fibre**
- **No added sugar**
- **Heart healthy**
- **Healthier living**
- **Seafood-free**
- **Shellfish-free**
- **Wheat-free**
- **Soy-free**
- **Peanut-free**
- **Lactose-free**
- **Gluten-free**
- **Egg-free**
- **Dairy-free**

Full of flavour, this dairy-free soup is as creamy as it is delicious. Squeeze in those extra veggies with this fast and easy soup that the family are sure to love.

- Serves 4
- Cooktime 25 mins 25 minutes
- Prep time 5 mins

Ingredients

- 1 cup (150g) raw cashews
- 2 tsp extra virgin olive oil
- 1 brown onion, finely chopped
- 3 celery sticks, thinly sliced
- 3 garlic cloves, crushed
- 1 chicken stock cube
- 500g cauliflower, cut into florets
- 500g frozen peas
- 420g can Coles Cannellini Beans, rinsed, drained
- 60g pkt Coles Australian Baby Spinach
- 1/2 cup (125ml) light coconut milk

- 1 Lebanese cucumber, peeled into ribbons
- 2 tsp black sesame seeds or toasted sesame seeds

Nutritional information

Per Serve: Energy: 2068kJ/495 Cals (24%), Protein: 23g (46%), Fat: 25g (36%), Sat Fat: 6g (25%), Carb: 36g (12%), Sugar: 14g (16%), Fibre: 18g (60%), Sodium: 259mg (13%). Check ingredient labels to make sure they meet your specific dietary requirements and always consult a health professional before changing your diet. View dietary information [here](#).

Percentage Daily Intake information on our recipes is calculated using the nutrition reference values for an average Australian adult.

Method

1. Step 1

Place the cashews in a heatproof bowl. Cover with boiling water and set aside for 15 mins to soak. Drain.

2. Step 2

Meanwhile, heat the oil in a large saucepan over medium heat. Add the onion, celery and garlic and cook, stirring, for 5 mins or until onion softens.

3. Step 3

Add the stock cube, cauliflower and 6 cups (1.5L) water. Bring to the boil and cook for 10 mins or until the cauliflower is tender. Add peas and beans and cook for 5 mins or until heated through.

4. Step 4

Add cashew, spinach and coconut milk and cook, stirring, for 3 mins or until spinach wilts. Cool slightly. Use a stick blender to carefully blend until smooth. Divide the soup among serving bowls. Top with cucumber and sesame seeds. Season with pepper to serve.