Creamy cauliflower soup

35g cashews

2 tsps coconut oil

1 large leek, finely chopped

3 cloves garlic, finely chopped

400g all-rounder potatoes, peeled and cut into cubes

800g cauliflower, cut into small florets

600ml vegetable stock (made with one organic stock cube)

a large pinch of sea salt

1 tsp ground black pepper

1 bay leaf

to garnish:

1 tbsp fresh chives, finely chopped

SERVES 4

Place the cashews in a bowl and cover with cold water. Soak for 3 hours or overnight. Melt the coconut oil in a large saucepan over a medium heat. Add the leeks and sauté for 4-5 minutes, stirring occasionally.

Add the garlic and fry gently for 1 minute, stirring frequently. Add the potato and cook for 4 minutes, stirring occasionally.

Add the cauliflower, stock plus an additional 600ml boiled water, salt, pepper and bay leaf. Bring to the boil then reduce heat to simmer gently. Cover and cook for 10 minutes.

Drain the cashews and add to the saucepan. Stir well and cook for 5 minutes. Remove saucepan from heat and allow to cool for 15 minutes. Remove the bay leaf and discard.

Blend into a smooth soup using an immersion blender or food processor. Add more water or stock if required, to achieve desired consistency. Serve garnished with chives.

Store any leftovers in an airtight container and refrigerate for up to 2 days or freeze on same day.

ADVANCE PREPARATION REQUIRED

PER SERVING:

244 Calories

35g Carbs

8g Protein

8g Fat