

DINNERLY

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Cauliflower Soup with Spiced Chickpeas



20-30 minutes



2 Servings

Nothing beats a warm soup in cool weather, especially when it comes scattered with spiced chickpeas. Just boil cauliflower, potato, carrot and corn in flavoursome stock, blend until smooth and grab some spoons.

WHAT WE SEND

- carrot
- potato
- corn kernels
- vegetable stock cube
- chickpeas
- cauliflower
- cumin and coriander spice blend

WHAT YOU NEED

- boiling water
- olive oil
- sea salt and pepper

TOOLS

- baking paper
- oven tray

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

May contain traces of allergenic ingredients.

NUTRITION PER SERVING

Energy 560kcal, Fat 21.7g, Carbs 64.1g, Proteins 18.2g



1. Roast chickpeas

Preheat the oven to 220C. Line an oven tray with baking paper. Drain and rinse the **chickpeas**. Pat dry and put on the lined tray. Drizzle with **1 tbs olive oil** and **2 tsp cumin and coriander spice blend**, season with **salt and pepper** and toss to combine. Bake, tossing occasionally, for 20 mins or until golden.



2. Prep vegetables

Meanwhile, peel the **potato** and **carrot** and cut into 1cm chunks. Coarsely chop **1 garlic clove**. Trim and cut the **cauliflower** into florets. Rinse and drain the **corn**.



3. Make stock

Crumble the **stock cubes** into a heatproof jug, add **1L (4 cups) boiling water** and stir until dissolved.



4. Cook soup

Heat **1 tbs olive oil** in a medium saucepan over medium heat and cook the **garlic, potato, carrot, cauliflower, corn**, any **remaining spice blend** and the **stock**, stirring to combine. Cover with a lid, bring to a simmer, then cook for 15 mins or until the vegetables are tender.



5. Serve up

Cool the **soup** slightly, then remove **¼ of the soup** from the pan. Using a stick blender, blend the soup in the pan until smooth (alternatively blend in a blender). Stir in **reserved stock** and season with **salt and pepper**. Reheat soup if necessary, then divide among bowls. Scatter with the **spiced chickpeas** to serve.



6. Kitchen hack

Take it up another notch and serve with crusty bread and a dollop of Greek-style yoghurt. Or for a non-vego twist, cook chopped ham or bacon with the onions in step 3.