

# DINNERLY

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## Cauliflower Soup with Spiced Chickpeas



20-30 minutes



4 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

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

## 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 540kcal, Fat 21.3g, Carbs 61.2g, Proteins 17.7g



### 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 **2 tbs olive oil** and **1 tbs 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 **potatoes** and **carrots** and cut into 1cm chunks. Coarsely chop **2 garlic cloves**. Trim and cut the **cauliflower** into florets. Rinse and drain the **corn**.



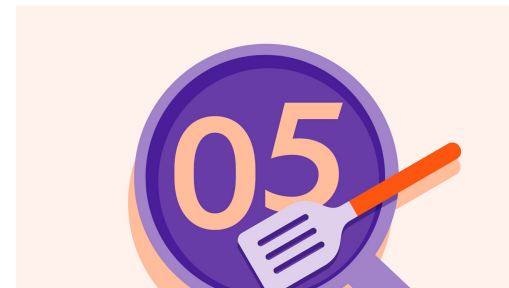
### 3. Make stock

Meanwhile, crumble the **stock cubes** into a heatproof jug, add **2L (8 cups) boiling water** and stir until dissolved.



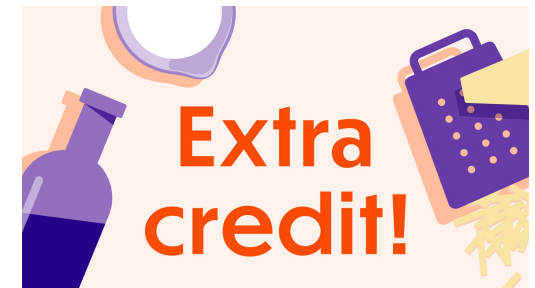
### 4. Cook soup

Heat **2 tbs olive oil** in a large 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 and cook for 15 mins or until the vegetables are tender.



### 5. Get ready to serve

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.

Questions about the recipe? Customer Service: **02 9056 7570** Email: [hi@dinnerly.com.au](mailto:hi@dinnerly.com.au)

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