

Cauliflower + Potato Soup

approx. 4 servings

INGREDIENTS

- 1 cauliflower - chopped
- 1 large (or 2 small) potato, peeled + chopped
- 1/2 brown onion
- 1 vegetable stock cube (I like Massel brand)
- 1 tbs olive/coconut oil
- flat leaf parsley - chopped
- salt + pepper to taste
- optional - coconut cream

INSTRUCTIONS

1. In a medium pot (with a lid) sauté onion in oil until soft.
2. Add chopped cauliflower + potato and cover with water. Add stock + half the parsley, cover with lid and bring to a slow simmer.
3. Check potato is cooked with a fork, when cooked remove from heat, allow to cool a little.
4. Blend with a stick blender, Thermomix etc, add salt + pepper to taste, optional add some coconut cream for a creamier texture. Garnish with remaining parsley. Enjoy!