

Turmeric Cauliflower Soup

Enjoy the power of turmeric in this smooth and tasty soup. Turmeric can help boost your immune system and is good for joints and mobility. Serves 4-6.

Ingredients

- 1 tbsp olive oil
- 1 brown onion
- 1 leek
- 2 potatoes
- 1 tsp ground turmeric
- ½ tsp ground coriander
- ¼ tsp ground cumin
- ¼ tsp chilli powder
- 550g cauliflower
- 1 litre vegetable stock
- ½ tsp salt
- 2 pinches black pepper



Method

- Peel and roughly chop the onion.
- Remove outer leaves, clean and roughly chop the leek.
- Peel and dice the potatoes.
- Remove outer leaves of the cauliflower, then cut into very small florets/pieces.
- Heat the olive oil in a large saucepan over a low heat. Gently fry the onion, leek and potato, stirring regularly, until softened.
- Add the turmeric, coriander, cumin and chilli powder.
- Cook for one minute to allow the aromas to develop.
- Add the cauliflower and vegetable stock, salt and pepper, and give everything a good stir.
- Place the lid on the pan and allow to cook for around 20 minutes, stirring occasionally, until the cauliflower is tender.
- Using a stick blender, blend the soup until really smooth.
- Adjust seasoning as necessary and serve.