

## Ingredients:

- 1 yellow onion, chopped
- 1 cauliflower head
- 2 tsp. fennel seeds
- 1 cup. (190g) red lentils, dry
- 3 tbsp. yellow curry paste
- salt and pepper
- 2 tbsp. olive oil

## Recipe:

- 1.) Heat the oven to 400°F.
- 2.) Separate the cauliflower head into small florets. Drizzle  $\frac{1}{2}$  of the cauliflower with 1 tablespoon of olive oil, and season with 1 teaspoon of the fennel seeds and salt and pepper. Place in a roasting dish and set aside.
- 3.) Heat the remaining 1 tablespoon of oil in a large pot, adding the chopped onion and the remaining 1 teaspoon of fennel seeds. Cook for 3-4 minutes until onion has softened. Add in the remaining cauliflower and lentils to the pan. Stir in the curry paste and add in 1 liter of water. Bring to a boil, then reduce the heat and simmer gently for 25 minutes, until cauliflower is tender and lentils are cooked.
- 4.) In the meantime, place the roasting dish with cauliflower into the oven and roast for 20 minutes, until browned.
- 5.) Once soup is cooked blitz it with a hand blender until smooth and creamy. To serve, divide the soup between bowls and top with the roasted cauliflower.

# CURRIED CAULIFLOWER SOUP

35 Minutes

Serves 4

