

# Cauliflower Soup



## INGREDIENTS

1 tbs extra virgin olive oil  
1 tsp ground coriander  
1 tsp ground cumin  
1 white onion, finely chopped  
2 cloves garlic, crushed

500g cauliflower, chopped  
1 cup yellow split peas  
½ cup unsalted raw cashews  
sea salt and cracked pepper  
1.5L chicken stock

## METHOD

Heat the oil in a large saucepan over medium heat. Add the coriander and cumin and cook, stirring, for 30 seconds or until fragrant. Add the onion and garlic and cook for 4–6 minutes or until softened. Add the cauliflower, split peas, cashews, salt and pepper and stock. Increase the heat to high and bring to the boil.

Cover with a lid, reduce the heat to medium and cook for 30 minutes or until the split peas are tender. Remove the soup from the heat, cover and allow to stand for 5 minutes.

Using a hand-held stick blender, blend the soup until smooth.

**SERVES:** 4

**PREP:** 5 mins

**COOK:** 40 mins

**Recipe from:** Donna Hay