

CAULIFLOWER AND LEEK SOUP

Recipe card



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Each 283g serving contains (excludes serving suggestion):

DiABETES UK
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KCal
161

Carbs
18.2g

Fibre
7.7g

Protein
9.1g

Fat
3.3g

Saturates
0.4g

Sugars
10.0g


Salt
0.17g

Fruit/Veg
Portion
3

Ingredients

- 2 tsp rapeseed oil + 1 tsp to oil baking tray
- 1 cauliflower (800g), in florets
- 1 heaped tsp turmeric
- 2 leeks, sliced
- 1 tsp ground cumin
- 2 cloves garlic, crushed
- Good pinch white pepper
- 1 low-salt vegetable stock cube in 600ml water
- 1 x 400g can butter beans drained
- 300ml skimmed milk
- Black pepper to taste

Serves 6 | Prep 15 mins | Cook 25 mins

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Method

Step 1

Preheat the oven to 180°C/gas mark 4 and lightly oil a baking tray.

Step 2

Make the cauliflower croutons. Break a quarter of the cauliflower into very small florets. Sprinkle with the turmeric and mix well. Place on the baking sheet and roast for 10-15 minutes until the edges are starting to char, then set aside.

Step 3

Meanwhile, add 2 tsp oil to a pan and add the leeks. Cook for three to four minutes to soften, then add the rest of the cauliflower and cook a further three to four minutes, stirring regularly.

Step 4

Add the cumin, garlic, pepper and stock and bring to the boil. Turn down the heat, cover, and simmer gently for eight to 10 minutes until the cauliflower is cooked.

Step 5

Add the butter beans and blend gradually with a hand blender, adding the milk until smooth. Bring up to heat then divide between six bowls and top with the roast cauliflower and a good grind of black pepper.

Recipe tips

- You could try other beans, like flageolet.
- You can make the soup in advance and reheat – don't top the dish with the cauliflower croutons until just before serving.
- You can freeze this recipe. Freeze cauliflower croutons separately. Defrost in a microwave or over a very low heat until piping hot.

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