



CAULIFLOWER COCONUT SOUP

Serves 4-6 – Easy

1 onion
1 red chili
1 thumbsized piece of ginger
2 garlic cloves
1 kg cauliflower
1 tbsp sunflower oil
2 tsp turmeric powder
400ml coconut milk
1 tbsp palm sugar (or brown sugar)
¼ tsp salt
1l chicken stock
2 tbsp Thai fish sauce
juice of 1 lime + extra for serving
fresh coriander, for serving

1. Peel and finely chop the onion. Trim and finely chop the chili (removing the seeds if you prefer less heat). Peel and grate the ginger. Peel and finely chop the garlic cloves. Cut the cauliflower into bitesized chunks.
2. Heat 1 tbsp sunflower oil in a large saucepan and fry the onion for 5 minutes until soft.
3. Add the chili, ginger, garlic and fry for another minute.
4. Add the turmeric powder give it a stir, add the cauliflower and stir again. Add the coconut milk, palm sugar, salt and chicken stock.
5. Bring to the boil, cover and reduce the heat and cook for 25-30 minutes until the cauliflower is soft.
6. Use a stick blender to purée the soup. Season with the Thai fish sauce and the juice of one lime.
7. Serve the soup with a few fresh coriander leaves and a lime wedge.

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