

Instant Pot Curried Cauliflower Coconut Soup

PREP TIME:

10 minutes

COOKING TIME:

Manual / Pressure Cook

16 minutes total
10 to come up to pressure
6 to cook

SERVES:

4 - 6

stir in a little truffle oil at the end



INGREDIENTS:

2 tbsp olive oil

1 cup / 1 large white onion, diced

2 tsp / 4 cloves garlic, minced

1 Indian Dal blend

1 medium cauliflower, roughly chopped or simply broken up into large florets

4 cups / 32 fl oz vegetable broth

1/2 tsp salt

1 can coconut milk, reduced fat

PREPARE:

in the Instant Pot heat the oil on sauté function ,medium, and soften the onion and garlic for 2 minutes until translucent

sprinkle in the Indian Dal blend

add the cauliflower, vegetable broth, and salt

secure the Instant Pot lid and pressure valve to Sealing

press the Manual button and adjust the cook time to 5 minutes

leave to Natural Pressure release for 1 minute, next turn the dial to Venting and use Quick Pressure Release

stir in the coconut milk and blend to a creamy consistency using an immersion blender

the soup can be served immediately or chilled