



CAULIFLOWER & CHORIZO SOUP WITH GARLIC CROUTONS

This cauliflower soup is so moreish, with the added crunch from the croutons and salty flavour from the chorizo. It really tantalizes the senses and is more than just a soup, it's a complete meal in one.

INGREDIENTS

- 1 Tbsp Olive Oil
- 1 onion, chopped
- 1 small head of cauliflower, cut into florets
- 2 garlic cloves, finely chopped
- 500 ml vegetable stock
- 6-10 slices of chorizo
- 1 large slice of crusty bread
- 2 Tbsp double cream
- Small bunch of parsley, finely chopped

SERVES: 2
SETTING: SOUP/PULSE
PREP TIME: 10 MIN
BLEND TIME: 30 MIN

DIRECTIONS

- 1. In your Mealio® add the stock, onion, salt, cauliflower and half the garlic ensuring you do not fill past the 800ml line. Select 'SOUP' setting and let cook for 30 mins.**
- 2. Meanwhile, chop the chorizo into small pieces. Toast the bread, then cut into crouton-sized pieces. Heat oil in your Diamond Earth Frying Pan™, add the chorizo and fry until crisp. Tip in the bread and remaining garlic and cook for a minute or so until everything is nicely coated in the chorizo oils. Set aside. Finely chop your parsley.**
- 3. Add the double cream to your soup mix and 'PULSE' a couple of times to combine.**
- 4. To serve, divide the soup into two bowls. Top generously with the parsley, chorizo and croutons.**

Hints & Tips: To make gluten free use gluten free bread of your choice