



# Just Recipes.

## Quick Curried Cauliflower and Carrot Soup

A creamy and heart-warming soup with just a little kick.

### Ingredients

Serves 6

- 1 tbsp [15 ml] extra-virgin olive oil
- 1 medium onion, chopped
- 2 garlic cloves, finely chopped
- 1 tsp [5 ml] Madras curry powder
- 6 carrots, peeled and roughly chopped
- 1 cauliflower head, cut into florets (½ cup [75 g] reserved, see below)
- 6 ¼ cup [1.5 L] vegetable stock
  
- ½ cup [75 g] reserved cauliflower, cut into very small florets
- 1 tsp [5 ml] extra-virgin olive oil
- Pinch each: Madras curry powder, salt, pepper
  
- ¼ cup [28 g] toasted cashew nuts, toasted
- Pinch finely chopped flat-leaf parsley



### Method

Heat the extra-virgin olive oil in a large pot over medium heat. Sauté the onion and garlic cloves for 2 minutes (do not brown). Add the Madras curry powder and stir for 30 seconds. Add the carrots and cauliflower and sauté for 2 minutes, stirring to coat the vegetables with the onion-garlic-curry powder mix.

Add the vegetable stock and bring to a boil. Reduce heat and simmer the soup for 20 minutes.

While the soup is cooking, prepare the cauliflower garnish: preheat a toaster oven (or regular oven) at 400°F (200°C). Mix ½ cup [75 g] reserved cauliflower florets with the extra-virgin olive oil, Madras curry powder, salt and pepper. Spread on a lightly oiled baking pan and roast in the oven for 5 to 10 minutes, until the florets are tender and browned (you may need to broil the cauliflower to color it, depending on the oven you're using). Reserve.

Puree the soup in batches in a blender, or use a hand-blender to mix it thoroughly until you reach a very creamy consistency.

Ladle in serving bowls. Garnish with roasted cauliflower florets, toasted cashew nuts and a sprinkle of flat-leaf parsley.

Recipe Credit: Marie Asselin

Photo Credit: Marie Asselin

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