


VEGETARIAN

Cauliflower & Apple Soup



Serves: 
Prep: 5 mins
Cook: 25 mins

SUTTON
COMMUNITY FARM

INGREDIENTS

1 onion, thinly sliced
1 small cauliflower, broken up into very small florets
2 eating apples, 1½ cored, peeled and chopped, ½ unpeeled and cut into matchsticks
1 stock cube (preferably low-salt)
A few thyme sprigs, leaves picked

FROM YOUR CUPBOARD

1 tbsp oil or butter
500ml water (or more, depending on preferred consistency)
2 tbsp single cream (optional)
olive oil for drizzling (optional)

Cooked
this recipe?

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- 1 Heat the oil or butter in a saucepan, add the onions and fry gently until softened.
- 2 Add the cauliflower and diced apple and fry for 5 more minutes.
- 3 Add the stock cube, water and most of the thyme, and bring to the boil, then reduce to a simmer and cook for 5 minutes, or until the cauliflower and apple are tender.
- 4 Use a hand blender or liquidiser to purée the soup until smooth, or enjoy unblended. (The soup can now be seasoned and chilled for up to 48 hours or frozen, just reheat to serve.)
- 5 To serve, divide into bowls and top with apple matchsticks and the remainder of the thyme. For optional extra flavour, drizzle with olive oil and/or cream.



**BEST WITH
A HAND
BLENDER**



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