

PEOPLE'S KITCHEN

Cauliflower & Broccoli Soup with Coconut Milk



Ingredients

- 1 tablespoon olive oil
- 1 tablespoon butter
- 1 chopped onion
- 1 - 2 small cloves garlic
- 1 tablespoon chopped fresh coriander stems
- ½ teaspoon ground turmeric
- 1 teaspoon mild curry powder
- 1 large can coconut milk
- 1 litre vegetable or chicken stock
- ½ kg mix of broccoli and cauliflower florets
- 2 tablespoons chopped fresh coriander leaves
- Salt and freshly ground black pepper

Instructions

Heat oil and butter in a large pan over medium heat until the oil shimmers and the butter is melted. Add the onions and cook until softened, about 5 minutes. Add the garlic and coriander stems and stir until. Sprinkle in the turmeric and curry powder and mix with the onions until all is coloured yellow with the spices. Add a splash of stock and stir to make sure the spice powders have dissolved.

Pour in the rest of the stock, the coconut milk, and the broccoli and cauliflower, plus a pinch of salt. Increase heat to high and bring just to a boil, then reduce heat to medium-low to maintain a gentle simmer. Cover partially with a lid and cook 15-20 minutes, until the vegetables are tender enough to be pierced with the tip of a knife. Turn heat to low.

Transfer soup to blender, add the herbs, a pinch of salt, and a grind of pepper. Purée until completely smooth - the herbs and broccoli should be reduced to flecks. Return all of the soup to the pan and taste.