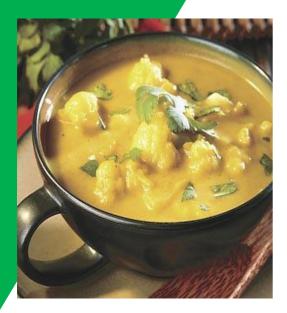
## **SOUP**

Serves: 6 - 8
Glycemic Load: 3



## Cauliflower & Coconut

## **Ingredients:**

2 Tbsp coconut oil

1 onion, finely chopped

1 large carrot, diced

½ large cauliflower, in florets

½ large broccoli, in florets

1 large apple, peeled and diced

1-2 tsp ground cumin

1 tsp whole cumin seeds

1 tsp ground coriander

1 tsp ground turmeric

½ tsp ground ginger

¼ tsp cayenne pepper

1 litre vegetable stock

1 can coconut milk/cream

1 bunch fresh coriander

1 can borlotti beans, rinsed and

drained

Salt and pepper to taste

## Method:

Fry onion and carrot in coconut oil for 5 minutes.

Add cauliflower, broccoli, apple and spices. Stir well and cook for 1-2 minutes.

Add stock, bring to the boil, then cover and simmer for 15 minutes.

Stir in the rest of the ingredients and simmer until the coconut has melted.

Serve hot.

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