

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.