



### Product Spotlight: Cauliflower


Cauliflower is actually part of the cabbage family! Store refrigerated and unwashed until time to cook.



## 2 Cauliflower Soup with Roasted Fennel

A warming and hearty cauliflower soup, topped with roasted fennel and coconut bacon, served with bread rolls.

 30 mins

 4 servings

 Plant-Based

9 July 2021

## Make garlic bread!

Mix together 2 tbsp oil, 1 crushed garlic clove, 1 tsp dried herb ( eg. parsley, rosemary, thyme) and salt. Cut your rolls into soldiers and brush with oil mix. Place in a heated oven until golden brown.

Per serve: **PROTEIN** 9g **TOTAL FAT** 4g **CARBOHYDRATES** 41g

## FROM YOUR BOX

FENNEL	1
ROSEMARY	2 sprigs
SHALLOT	1
GARLIC	2 cloves
CAULIFLOWER	1
BROTH	1 jar
SILVERBEET	1/2 bunch *
COCONUT BACON	1 packet (15g)
BREAD ROLLS	4

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt and pepper, fennel seeds

## KEY UTENSILS

saucepan, oven tray, stick mixer (or small blender)

## NOTES

You could also roast the cauliflower for extra flavour, then add it into the soup.



### 1. ROAST THE FENNEL

Set oven to 220°C. Slice the fennel and arrange on a lined oven tray. Coat in **oil**, season with **salt and pepper**. Roast for 15–20 minutes until tender (see notes).



### 2. PREPARE VEGETABLES

Remove the rosemary leaves from the stalk and finely chop to yield 1 tbsp. Slice shallot, roughly chop garlic, cut cauliflower into florets.



### 3. SAUTÉ VEGETABLES

Heat a large saucepan over medium–high heat with **oil**. Add prepared vegetables and **2 tsp fennel seeds**. Sauté for 4–6 minutes.



### 4. SIMMER THE SOUP

Pour in the broth and **1.25L water** to the saucepan. Season with **salt and pepper**, leave to simmer for 10–12 minutes. Once the cauliflower is soft use a stick mixer to blend the soup to a smooth consistency.



### 5. STIR IN SILVERBEET

Roughly chop silverbeet leaves. Stir through the soup and allow to wilt. Adjust seasoning to taste.



### 6. FINISH AND PLATE

Ladle soup into bowls, top with roasted fennel and coconut bacon, serve with rolls.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

