

## **CURRIED CAULIFLOWER & SWEET POTATO SOUP** (makes 6 portions)

large **onion**  
thumb of **ginger**  
5 **garlic cloves**  
1 **chilli**  
1 tsp **sweetner** (eg agave syrup)

2 tsp **turmeric**  
2 tsp ground **cumin**  
2 tsp ground **coriander**  
1 tsp **garam masala**  
¼ tsp ground **cinnamon**  
½ tsp **cayenne pepper**  
1/3 cup hot **water**

500 g **cauliflower**  
450 g **sweet potato**  
200 g **potato**  
1 stick **celery**  
180g of young tender **brassica leaves** (eg curly kale, cavalo nero)

¾ cup **cannellini** beans (soaked overnight, pressure cook 8 mins, save water for stock)  
tin of **tomatoes**  
2 tbs **puree**  
½ cup **coconut cream** (½ cup of **dessicated coconut**, cover with boiling water and soak overnight then blend)  
1200 ml **stock** (**bean water** + 1 dsp **miso** + 1 dsp **tamari** + 1 dsp **apple cider vinegar**)  
¼ cup **orzo** or **pearl barley**

1 dsp **lemon juice**  
freshly ground **black pepper**

Mix the **spice mix** in cup or small bowl until it forms a slurry, and set aside.  
Fry the **onion, ginger, garlic, chilli** and **sweetner** until caramelised.  
Reduce the heat and add the **spice mix**. Cook for 2-3 mins, adding water if necessary.  
Add the **cauliflower, sweet potato, potato, celery** and **leaves**. Mix well.  
Add **beans, tomatoes, puree, coconut cream, stock** and **orzo**. Cover and bring to a boil.  
Reduce the heat and simmer for 15 to 20 minutes.  
Turn the heat off and allow to cool.  
Add the **lemon juice** and **black pepper**  
Blend into a smooth puree. Let it rest for a while before reheating.  
Serve with **rice balls**.