

CURRIED CAULIFLOWER & SWEET POTATO SOUP (makes 6 portions)

cashew cream (see recipe below)

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

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

600 g **cauliflower**
500 g **sweet potato**
3 large **carrots**
2 sticks **celery**
200 g of young tender **brassica leaves** (eg shetland kale, curly kale, cavalo nero)

¾ cup **cannellini** beans (soaked overnight, pressure cook 8 mins, save water for stock)
2 tins **tomatoes**
1200 ml **stock** (**bean water** + 2 tbs **puree** + 1 tbsp **miso** + 1 dsp **tamari**)
1/2 cup **orzo**

freshly ground **black pepper**

Mix the **spice mix** in a small bowl until it forms a slurry, and set aside.
Sauté 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** and mix in thoroughly.
Add the rest of the **vegetables**, mixing well.
Add **beans, tomatoes, cashew cream, stock** and **orzo**. Cover and bring to a boil. Reduce the heat and simmer for 15-20 minutes.
Turn the heat off and allow to cool.
Add **black pepper**, blend half into a smooth puree, reheat and serve.

cashew cream

¾ **cashews** (soaked overnight and drained)
¼ **coconut milk powder**
1.5 tbsp **olive oil**
1.5 dsp **lemon juice**
1.5 dsp **apple cider vinegar**
1 tsp **mustard**
Blend together with enough water to make into a cream.

<https://a-simpler-life.co.uk/what-we-eat-some-of-those-recipes/#curried-cauliflower-and-sweet-potato-soup>