

Spinach, Coconut and Zucchini Soup

Servings	4
Preparation Time	10 Mins
Cooking Time	20 Mins
Total Time	30 Mins

Nutrition Information

Calories	316.00
Protein	7.00
Protein Serve	0.50
Carbohydrates	18.00
Fat	25.00

Ingredients

- 200.00 g Cauliflower (chopped)
- 400.00 ml Coconut Milk
- 0.50 tsp Cumin (ground)
- 1.00 tsp Curry Powder
- 1.00 pod Green Chilli (de-seeded, finely chopped)
- 160.00 g Leek (chopped)
- 1.50 tbsp Olive Oil
- 30.00 g Parmesan cheese
- 2.00 g Salt and Pepper (to season)
- 120.00 g Spinach
- 0.50 tsp Turmeric (ground)
- 1.00 whole Ultra Lite Chicken Sachet
- 250.00 ml Water
- 120.00 g Zucchini (chopped)

Instructions

1. Soup Directions:
2. Heat oil in a large pot, add curry powder, cumin and turmeric spices, and stir to combine for a minute.
3. Add chopped leek, cauliflower, zucchini and chilli, stir to coat in the spices. Season with salt and pepper, cover the pot and sweat the vegetables over low heat for 5 minutes.
4. Add the hot water, chicken sachet and coconut milk and cook for another 10 minutes or until vegetable are tender.
5. Add spinach and stir, cook another 2-3 minutes.
6. Blend the soup until smooth.
7. Parmesan Chips:
8. Preheat oven to 180°C (355°F). Bake for 5-10 minutes or until golden brown.
9. Serve soup topped with parmesan chips.

Notes

Tip: Makes 4 servings. Store leftover soup in an airtight container in the fridge.