Spinach, Coconut and Zucchini Soup

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

Nutrition Information

Calories	14.79
Protein	0.31
Protein Serve	0.00
Carbohydrates	1.50
Fat	0.94

Ingredients

- 50.00 g Cauliflower
- 100.00 ml Coconut Milk
- 0.13 tsp Cumin
- 0.25 tsp Curry Powder
- 0.25 pod Green Chilli
- 40.00 g Leek
- 0.38 tbsp Olive Oil
- 7.50 g Parmesan cheese
- 0.50 g Salt and Pepper
- 30.00 g Spinach
- 0.13 tsp Turmeric
- 0.25 whole Ultra Lite Chicken Sachet
- 62.50 ml Water
- 30.00 g Zucchini

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 180ºC (355ºF). 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.