Spinach, Coconut and Zucchini Soup

Calories: 236.6 kcal

Servings: 4

Time: 30 Mins

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 min
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 vege 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.