

Cauliflower, Bacon and Leek Soup

Calories: 0 kcal

Servings: 6

Time: 0 Mins

Ingredients

- 4.00 strips Bacon (diced)
- 0.50 tsp Black Pepper
- 220.00 g Cauliflower (florets and stems)
- 50.00 g Celery (diced)
- 30.00 g Cheese (Parmesan) (to garnish)
- 500.00 ml Chicken Stock (or 2 chicken sachets in warm water)
- 1.50 tsp Himalayan Rock Salt
- 100.00 g Leek (chopped)
- 2.00 tsp Olive Oil (for drizzling on top)
- 200.00 ml Sour Cream
- 2.00 tsp Spring Onion (to garnish)

Instructions

1. In a large saucepan fry the bacon over medium-high heat until crisp, about 4 minutes. Remove the bacon and set aside, leaving the drippings in the pan. Add the leeks, celery, and cauliflower pieces to the pan. Saute for 5 minutes or until the leeks are soft.
2. Pour in the chicken broth (chicken sachets and water and cook over medium heat until the vegetables are tender, about 10 minutes. Place the cooked cauliflower mixture and the sour cream in a food processor and puree until smooth. (This will help thicken the soup.)
3. Return the puree to the pan, Stir in the salt, and pepper. Taste and adjust the seasoning as desired. Heat through, but do not allow the soup to boil. Serve the soup drizzled with oil and garnished with grated parmesan, chopped spring onion and the reserved crispy bacon.
4. Store extras in an airtight container in the refrigerator for up to 3 days. Reheat in a saucepan over medium heat for a few minutes or until warmed through. You can also freeze portions of this for a quick and easy lunch or dinner.