

Roasted Leek and Cauliflower Soup

Calories: 86 kcal

Servings: 4

Time: 30 Mins

Ingredients

- 200.00 g Cauliflower (broken into small florets)
- 0.33 cup Cream
- 2.00 g Garam Masala (to add smokey flavour, optional)
- 320.00 g Leek (sliced)
- 2.00 g Salt and Pepper (to taste)
- 1.00 whole Ultra Lite Chicken Sachet (or vegetable stock)
- 2.50 cups Water

Instructions

1. Pre-heat oven 180°C (350°F).
2. Spray leeks and cauliflower with cooking oil, place in roasting dish in oven for approximately 15 mins or until slightly brown.
3. Place in saucepan, cold water, stock cube and vegetables. When soup is boiling turn down and simmer for 10 minutes.
4. Blend vegetables and remaining liquid until smooth, stir in cream and heat through, do not boil.
5. Garnish with vietnamese mint.