



UCCOOK

Pam's Cauli & Truffle Soup

with **crispy sourdough rounds**

Give a decadent spin to an already delicious recipe by adding white truffle oil to a silky smooth soup made from curried cauliflower, onion, milk, cream, and fresh parsley. For soaking up every last bit in the bowl, this meal comes with golden rounds of toasted sourdough.


Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Pam Hewitt

Veggie

 Laborie Estate | Laborie Merlot / Cabernet Sauvignon 2021

Loved the dish? Let us know. Join the UCCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

1	Onion <i>peel & roughly dice ½</i>
7,5ml	Medium Curry Powder
200g	Cauliflower Florets <i>cut into bite-sized pieces</i>
100ml	Low Fat Fresh Milk
100ml	Fresh Cream
5ml	Truffle Oil
1	Sourdough Baguette <i>slice into rounds</i>
3g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Blender
Butter (optional)

1. THE BASE Place a pot (with a lid) over medium heat with a drizzle of oil. When hot, fry the diced onion and ½ the curry powder until golden, 4-5 minutes (shifting occasionally). Add ¾ of the cauli pieces and fry with the lid on until beginning to brown, 2-3 minutes (shifting occasionally).

2. ADD THE CREAMY Once the cauli & onion mix is done, lower the heat and pour in the milk, the cream, and 100ml of water. Simmer until softened and slightly reduced, 8-10 minutes.

3. SILKY SMOOTH Pour the creamy cauli mixture into a blender. Pulse until smooth and pour back into the pot. Season and stir through ½ the truffle oil. Add a splash of water if the soup is too thick. Cover and set aside.

4. CURRIED CAULI Place a pan over medium-high heat with a drizzle of oil or a knob of butter. When hot, fry the remaining cauliflower pieces with the remaining curry powder (to taste) until lightly charred, 5-6 minutes. Remove from the pan and season.

5. GOLDEN SOURDOUGH Spread butter (optional) or oil over the sourdough rounds. Return the pan to medium heat. When hot, toast the sourdough rounds until golden, 1-2 minutes per side. Warm up the soup before serving (if necessary).

6. SOUP'S UP! Bowl up a hearty helping of the cauliflower soup. Pile on the curried cauli pieces and drizzle over the remaining truffle oil. Garnish with the chopped parsley. Serve the toasted sourdough rounds alongside for dipping!

Nutritional Information

Per 100g

Energy	626kJ
Energy	150kcal
Protein	4g
Carbs	16g
of which sugars	3.6g
Fibre	1.6g
Fat	7.9g
of which saturated	4.3g
Sodium	154mg

Allergens

Gluten, Allium, Wheat, Cow's Milk

Cook
within 3
Days