

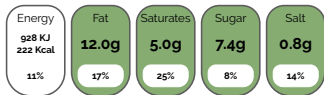


Cauliflower & Smoked
Haddock Soup with
Parmesan Croutons

WAYS  WELL

Cauliflower & Smoked Haddock Soup with Parmesan Croutons

Serves 4 | High Protein | 1 of 5-a-day



Per average serving of an adult's Reference Intake
(84000 KJ / 2000 Kcal)
Typical values per 100g: 209 Energy KJ / 50 Kcal

INGREDIENTS:

Soup:	1tsp vegetable stock powder	2 slices sourdough bread,
20ml olive oil	800ml water	crusts removed and cut into
10g unsalted butter	500ml whole milk	1cm cubes
120g onions, thinly sliced	1 fillet smoked haddock	10ml olive oil
1 leek, halved lengthways	(approximately 150g)	10g unsalted butter
and thinly sliced	25g flat leaf parsley, leaves and	15g Parmesan cheese, finely
½ cauliflower, outer green	stalks finely chopped	grated
leaves removed and roughly	Sea salt and freshly ground	
chopped	black pepper	

METHOD:

1. Melt the olive oil and butter in a saucepan over a medium heat, add the onions and leeks and fry for 5-8 mins until translucent but not browned.
2. Add the cauliflower, water and vegetable stock powder, bring to the boil, reduce the heat slightly and simmer for 10-15 mins until the cauliflower is tender.
3. Meanwhile, put the haddock in another pan and cover with the milk. Cook gently for 5 mins, or until just tender. Remove the haddock from the milk with a slotted spoon (reserving the milk), transfer to a plate and leave to cool slightly. When cool enough to touch, flake into large pieces, removing any bones.
4. Put the reserved milk and flaked haddock in the pan with the cauliflower soup and heat.
5. For the croutons heat the olive oil and butter in a pan, add the croutons and fry till golden.
6. Sprinkle with the Parmesan, toss well and drain on kitchen towel.
7. Season and sprinkle over the soup to serve.