

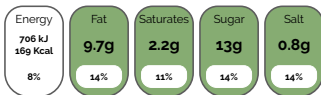


Indian Spiced Cauliflower, Romanesco and Apple Soup, Raita

WAYS  WELL

Indian Spiced Cauliflower, Romanesco and Apple Soup, Raita

SERVES 5



Per average serving

Of an adult's Reference Intake (84000KJ / 2000Kcal)

Typical values per 100g: Energy 724KJ/173KCal

INGREDIENTS:

1kg Cauliflower/Romanesco	25ml Rapeseed oil	150g Greek yoghurt
350g Mixed apples	Seasoning	1 Lemon
90g White onion	tsp Ground coriander	Fresh coriander
2 Garlic cloves	tsp Mild curry powder	
10g Ginger	tsp Turmeric	
1 Red chilli	tsp Cumin	
65g Celery	1.5L Water	

METHOD:

1. Prepare the cauliflower and Romanesco into small florets. Peel and dice apple 1 cm dice. Peel, and finely dice the onions and celery, peel and finely grate the garlic and ginger. De-seed and finely chop chilli.
2. Keep 250g of cauliflower and Romanesco back and 100g apple for the raita.
3. Heat 15ml oil in a large pot over medium heat. Add the onion, celery, garlic and ginger. Cook, stirring occasionally, for 5 minutes, or until the onion is soft and a light brown in colour. Next add the cauliflower, Romanesco and chilli to the pot. Sauté for 3-4 minutes, then add the cumin, turmeric, curry powder and ground coriander. Cook out for 1-2mins.
4. Mix in the apples, pour in the water. Bring mixture to a boil, season and taste.
5. Reduce to a low heat, cover and simmer for 25-30 minutes or until the cauliflower and apples are tender. Puree the soup in a blender or with a stick blender. Taste the soup and adjust seasoning if needed. Set aside.
6. For the Raita Mix.
7. Heat 10ml oil in a pan, sauté the remaining Romanesco/cauliflower for a few minutes and nearly cooked, add the diced apple, zest and juice of lemon. Season with Maldon salt, cook for a further minute. Remove from heat and allow to cool. Add the yoghurt to the mix with finely chopped coriander.
8. Serve the soup hot with a topping of the raita.