

RECIPE

CAULIFLOWER SOUP



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INGREDIENTS:

- 1 medium cauliflower, chopped (+-600g)
- 1 medium leek, white and light green parts, sliced
- 15ml oil
- 1L water
- ½ x packet of Country Vegetable instant soup
- 6 Brazil nuts, finely chopped (optional)
- Salt and pepper to taste
- 1 clove garlic, minced
- Fresh parsley for garnish

INSTRUCTIONS:

1. Heat oil in a pot over medium heat, sauté leek and garlic until soft.
2. Add cauliflower and stock, bring to a boil, then simmer until tender.
3. Blend until smooth, stir in Brazil nuts, and season to taste.
4. Serve hot with optional parsley garnish.
5. Decorate: Edible flowers, black peppers and feta cheese.



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