CAULIFLOWER & CHICKPEQA *soup*

This hearty, warming soup is satisfying and leaves your tummy full and only your tastebuds wanting more. I love to recommend this soup to my clients as it contains gut loving fibre and plenty cancer fighting ingredients.

INGREDIENTS

- Medium cauliflower, chopped
- 1 tin chickpeas
- 2 x red onions, diced
- 1 litre vegetable stock
- 1 tbsp coconut oil
- 1 tbsp tamari
- 1 tbsp yellow curry paste
- 1 teaspoon turmeric

INSTRUCTIONS

1. Heat the coconut oil in a large pot. Add the curry paste and red onions and cook on high heat for 4 minutes, stirring regularly.

2. Add the cauliflower, turmeric, chickpeas and vegetable stock and bring to a boil.

3. Reduce the heat and leave to simmer for 15 minutes.

4. Remove from heat, add the tamari and blend to desired consistency.

5. Add salt and pepper to taste.

6. Add chilli's and roasted almonds (optional).

SERVES
4 PEOPLE

PREP TIME
5 MIN

COOK TIME
15 MIN

TOTAL TIME
20 MIN

NUTRITIONAL INFORMATION

PER SERVING

CONTAINS:

168 KCAL
8G PROTEIN
5G FAT
16G CARBS

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GO WITH YOUR GUT

WWW.HEALTHCONCEPTS.IE
+353 87 709 1869
SIOBHAN@HEALTHCONCEPTS.IE