

Recipes and Tips



Roasted mushroom and cauliflower soup

Serves 6

1 small (600g) cauliflower, trimmed, chopped
500g cup mushrooms, sliced
4 tbs olive oil
3 tsp curry powder (optional)
1 leek, halved lengthways, thinly sliced
4 cups chicken stock

Preheat oven to 220°C or 200°C fan forced. Scatter cauliflower over base of a greased roasting pan and mushrooms into another pan

Drizzle 1 1/2 tablespoons of oil over each pan and then sprinkle each pan with 1 1/2 teaspoons curry powder, season and turn to coat

Place cauliflower on top shelf and mushrooms underneath in oven, roast both for 20-25 minutes until tender

Heat remaining oil in a large saucepan over medium heat. Add leek. Cook, stirring occasionally for 5 minutes or until soft

Pour over stock and bring to the boil. Add roasted cauliflower and mushrooms and return to the boil

Remove from the heat. Blend soup, in batches, to desired consistency

Taste and adjust seasoning. Ladle into warm bowls. Serve with cheese toasts if desired