

Vegan Monday: Cauliflower, Ginger And Turmeric Soup With Coconut Milk - Healthy Winter!

Ingredients:

Difficulty: Easy
(serves 4-6)

1 cauliflower (about 1100 gr with the roots), cut into florets
3 + 2 tbsp olive oil, divided
1/2 + 2 tsp ground turmeric, divided
1/2 tsp salt and more to taste in the end
1/4 tsp freshly ground black pepper
1 onion, chopped
2 garlic cloves, crushed
2 carrots, peeled and chopped
2 tsp Thai red curry paste (you can find this in S-market, K-market and probably in Alepa too)
1.5 lt (or 6 cups) water (or vegetable broth, if you have)
4 tsp grated fresh ginger
1 tbsp lime juice
1 can (400 ml.) coconut milk

For topping:
fresh mint leaves or leaves of another fresh herb you like

Instructions:

1. Preheat the oven to 200C.
2. In a big bowl, mix cauliflower florets, 3 tbsp olive oil, 1/2 tsp turmeric, 1/2 tsp salt and 1/4 tsp black pepper.
3. Put the mixture on an oven tray with a baking paper and spread as one layer. Roast in the medium rack of the oven for 30-35 minutes, until cauliflower is tender and starting to brown. When ready, take out of the oven and let it cool for 5 minutes.
4. In a soup pan, put 2 tbsp olive oil and warm it for 1 minute on medium high heat. Add onion and saute for 3-4 minutes.
5. Add garlic and continue to saute for 2 more minutes.
6. Add carrots and Thai red curry paste and mix a little.
7. Add cauliflower, water (or broth) and 2 tsp turmeric and stir. Let the soup cook until boiling. After that, lower the heat to medium and let the soup simmer for 10 minutes.

8. When the soup simmers enough, turn off the heat. Add some salt to taste, fresh ginger and lime juice and stir a little.

9. Using a hand blender, blend until the soup is smooth.

10. Add coconut milk and turn on the heat in medium and cook, by stirring, for just a couple of minutes, until coconut milk is well mixed with the rest of the soup. Check seasoning one more time and adjust the taste with more salt if needed. Let the soup rest for at least 5-10 minutes and then serve with fresh herb topping. Enjoy!