

Cauliflower and Cheese Soup

Serves: 4

Ingredients

1 Small Cauliflower, divided into small florets.
2 Small leeks, diced
1 Small Potato, peeled and chopped
900ml vegetable stock, made with stock cube
125g Grated Cheddar cheese or Blue cheese crumbled
Salt and Pepper



Directions

- 1. Cook the vegetables.** Put the cauliflower, leeks and potato into a pan and add the stock and seasoning. Bring to the boil, reduce the heat. Cover and simmer gently for about 15mins.
- 2. Puree the vegetables** transfer into a food processor or blender and puree until smooth. Return to the pan.
- 3. Finish the soup** Heat the soup gently until boiling, then remove from the heat. Add the cheese and stir lightly. Season to taste then ladle into the bowls and serve.

Nutritional Information per serving

187 kcals
11g Protein
12g Fat of which 7g saturates)
9.5g Carbohydrates