

**TIME:** 30 mins

**SERVING:** 4 people

## INGREDIENTS:

One large cauliflower (about 800g)

250ml coconut milk

500ml vegetable stock made with two capsules

two teaspoons Madras curry powder

one large onion

two tablespoons olive oil



Remove and separate the cauliflower florets and roughly chop the stalk (so often thrown away, but it contains huge amounts of flavour). Finely chop the onion and sweat in the oil for three or four minutes, stirring frequently, until lightly coloured. Add the cauliflower, the stock, 100ml of the coconut milk and one teaspoon of the curry powder and simmer gently for 15 minutes or until the cauliflower is tender. Remove the cauliflower with a slotted spoon, place in a blender with the remaining coconut milk and curry powder and a little of the cooking liquid and whizz until smooth. Return to the pan, heat through for a few minutes, season with a little salt and serve.

*Enjoy! Malcolm & Julie Pyne*

## YOUR NOTES: