



Chickpea Soup with Cauliflower and Parsley

🕒 20–30 Min   

Preparation

- 1 Bring water to the boil in a pan.
- 2 Roughly chop the cauliflower and cook it until soft. Strain and together with the cream, clear vegetable stock, 150 g chickpeas, half of the parsley and white wine, pour into a stand mixer and finely blend.
- 3 Add the liquid to the pan, heat and season to taste. Allow to simmer for 10 minutes.
- 4 Heat the oil in a pan and fry the remaining chickpeas until golden brown. Leave to cool on a plate lined with paper towels.
- 5 Serve the aromatic soup with the chopped parsley and the crunchy chickpeas and enjoy.

Ingredients 2 Portions

♦ = Kotányi Produkte

0.5	Cauliflower
50 ml	Cream
300 ml	Vegetable stock, clear
250 g	Chickpeas, precooked
0.5	Bunch of fresh parsley
4 tbsp.	White wine
2 tbsp.	Vegetable oil
0.5 tsp.	♦ Coriander, Ground
0.5 tsp.	♦ Turmeric, Ground
0.5 tsp.	♦ Organic Ginger, Ground
0.5 tsp.	♦ Cinnamon, Ground
0.5 tsp.	♦ Garlic Granules

