

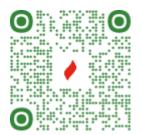


Ingredients 2 Portions

🖊 = Kotányi Produkte

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

♦ Cinnamon, Ground



0.5 tsp.0.5 tsp.

Chickpea Soup with Cauliflower and Parsley

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.