



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

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| 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 |

