



Everything
But The Chef

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WK29
2015



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Cauliflower Soup with Parmesan Crumb

Garçon! We'll have the soup de jour sil-vous-plait. In the classic provencal style, this soup celebrates humble winter veg; creamy potato, sweet leeks and, of course, chou-fleur! All topped with golden morsels of rustic bread and toasty hazelnuts.



Prep: 15 mins

Cook: 25 mins

Total: 40 mins



level 1



veggie



pantry
items



Leek



Celery



Garlic



Vegetable Stock



Cauliflower



Potato



Mini Baguette



Parmesan Cheese



Hazelnuts



Chives

2P	4P	Ingredients
1 tbs	2 tbs	olive oil *
½	1	leek, finely sliced
2 stalks	4 stalks	celery, finely diced
1	2	garlic clove, peeled & crushed
2 tsp	1 tbs	HelloFresh vegetable stock
1 ½ cups	3 cups	hot water *
1 wedge	2 wedges	cauliflower, cut into small florets
1	2	potato, peeled & cut into cubes
½ block	1 block	Parmesan cheese, finely grated
1	2	mini baguette
¼ cup	½ cup	hazelnuts

Garnish

Finely chopped chives

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	1730	Kj
Protein	18.9	g
Fat, total	12.5	g
-saturated	2.4	g
Carbohydrate	48.2	g
-sugars	6.8	g
Sodium	1080	mg

Measuretool

0 cm	1 cm	2 cm



1 Preheat the oven to **200°C/180°C** fan-forced. Line two oven trays with baking paper.

2 Heat half of the **olive oil** in a large saucepan over a medium heat. Add the **leek**, **celery**, and **garlic** and cook, stirring, for **3-4 minutes**, or until soft. Combine the **HelloFresh vegetable stock** and **hot water** and add it to the pan with the **cauliflower** and **potato**. Bring to a boil. Reduce to a medium-low heat and simmer for **20 minutes**, or until the cauliflower and potato are tender. Using a stick blender or food processor, puree the mixture until smooth. Stir through half of the **Parmesan cheese**. Season to taste with **salt** and **pepper**.

3 Meanwhile, process the **mini baguette** in a food processor to create chunky breadcrumbs. If you don't have a on, just tear it up with your fingers until a rough crumb is created. Place the breadcrumbs on one of the lined oven trays and toss in the remaining oil and the remaining Parmesan cheese. Place the **hazelnuts** on the remaining oven tray and toast both trays in the oven for **7-8 minutes**, or until the crumb is golden and crispy and the skins are lifting off the hazelnuts.

4 Wrap the hazelnuts in a clean towel and rub vigorously to remove the loose skins (it's okay if some of the skin remains). Coarsely chop the peeled hazelnuts.

5 To serve, divide the cauliflower soup between bowls, sprinkle with the **chives** and top with the Parmesan crumb and hazelnuts.

Did you know? The French translation of wand is 'baguette'. This is explains why we get really hungry watching dubbed Harry Potter films!