Roasted Carrot and Cauliflower Curried Soup

Jacob · 30/09/2024



Prep Time

1 hr 10 mins

Dificult

Medium

Servings

6

Description

This restaurantquality carrot cauliflower soup is hearty and very tasty I didnt have onions at home when I made this and although the soup turned out really flavorful without them I will probably add an onion or two next time Garnish with basil wonton noodles and sour cream

Ingredients

- - 6 carrots
- peeled and chopped - ½ head cauliflower
- trimmed and chopped - 2 cloves garlic
- chopped - 1 ½ teaspoons olive oil - 1 teaspoon salt - 1 teaspoon ground black pepper - 3 cups vegetable broth
- or more if needed - 1 tablespoon curry powder - 1 cup coconut milk - ½ lime
- juiced

Instructions

1. Preheat the oven to 400 degrees F (200 degrees C). Place carrots and cauliflower in a casserole dish; toss with garlic
2. olive oil
3. salt
4. and black pepper. Roast in the preheated oven for 20 minutes. Stir and continue roasting until vegetables are tender and slightly charred
5. 25 more minutes. Remove from the oven and stir. Bring vegetable broth to a boil in a large pot. Stir in curry powder and add roasted vegetables. Cover and boil soup until vegetables are soft
6. 8 to 10 minutes. Remove from heat. Blend soup with a potato masher or an immersion blender until smooth. Return the pot to medium heat. Stir in coconut milk and lime juice; simmer until heated through
7. 5 to 10 minutes. Recipe Tips Purée soup in a blender or food processor if you don't have a potato masher or immersion blender.Adjust soup to taste with additional water
8. salt
9. pepper
10. garlic
11. lime juice
12. or coconut milk.