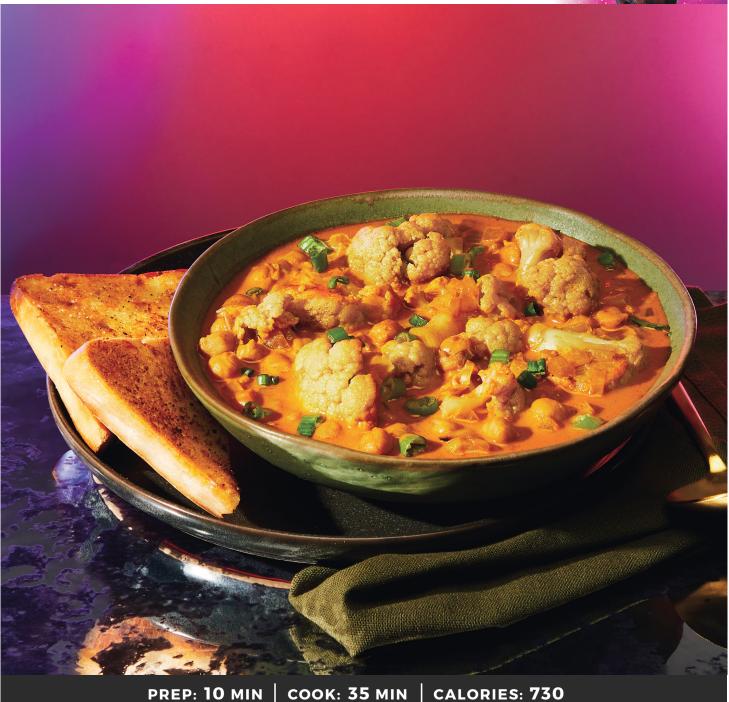


# FIRE-BLASTED VEGAN COCONUT CURRY SOUP

with Chickpeas, Cauliflower & Toast





#### FIRED UP

Looking to up the spice level of this dish? Turn up the heat and give your soup some fiery, Rocket-style attitude by adding a pinch of chili flakes from your pantry.

#### **BUST OUT**

- Medium pot
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)
- Olive oil (1 tsp | 1 tsp)





#### 1 PREP

- Wash and dry produce.
- Halve, peel, and dice **onion**. Trim and thinly slice **scallions**, separating whites from greens. Cut **cauliflower** into bite-size pieces.



## 2 START SOUP

- Heat a drizzle of oil in a medium pot (use a large pot for 4 servings) over medium heat. Add onion and a pinch of salt and pepper. Cook, stirring occasionally, until browned and softened, 3-4 minutes. TIP: Add a splash of water if onion begins to brown too quickly.
- Add scallion whites and garlic powder; cook, stirring frequently, until fragrant, 1 minute.
- Add another drizzle of oil to pot. Stir in curry powder, cumin, tomato paste, and half the garam masala (all for 4) until combined. Cook, stirring constantly, until fragrant, 30-60 seconds.



## **3 FINISH SOUP**

- Thoroughly shake **coconut milk** in container before opening.
- To pot with veggies, stir in coconut milk, cauliflower, chickpeas and their liquid, stock concentrates, 1 cup water (2 cups for 4 servings), and a big pinch of salt (we used 1 tsp; 2 tsp for 4). Bring to a simmer, then cover and reduce heat to medium low. Cook until cauliflower is almost tender, 6 minutes.
- Uncover and cook, stirring occasionally, until soup has thickened, 5-7 minutes more. (TIP: If your soup isn't thick enough, simmer until it reaches desired consistency. If your soup is too thick, add a few splashes of water.) Taste and season with salt and pepper.



## 4 MAKE TOAST & SERVE

- Meanwhile, halve ciabatta. Drizzle cut sides with olive oil and sprinkle with salt and pepper. Toast until golden; halve on a diagonal.
- Divide **soup** between bowls; sprinkle with **scallion greens**. Serve with **toast** on the side. TIP: Turn up the heat and give your dish a fiery attitude by adding chili flakes from your pantry.

WK 20-36