KIKKOMAN

Pan-Roasted Cauliflower Soup

Total time **60 mins** **20 mins** preparation time **40 mins** cooking time

INGREDIENTS

4 portion(s)

1.5	cauliflower
2	onions, diced
100 g	celeriac
3 tbsp	rapeseed oil
500 ml	vegetable stock
100 ml	apple juice
200 ml	coconut milk
3 tbsp	Kikkoman Naturally Brewed Soy Sauce
1 pinch	of sugar
1	bay leaf
2 pinch	of salt
0.33 bunch	coriander leaves, chopped
50 g	whole almonds, chopped
40 g	coconut chips

PREPARATION

Step 1

Take the whole cauliflower and chop the florets and stalk into small pieces. Fry slowly in a saucepan for 10 minutes with 2 tbsp of rapeseed oil.

Step 2

Add the onions and celeriac to the cauliflower and fry for another 5 minutes. When the vegetables are golden brown, top up with the vegetable stock, apple juice and coconut milk. Season to taste with Kikkoman soy sauce, sugar, bay leaf and salt. Cover and simmer for another 20 minutes.

Step 3

In the meantime, roast the almonds in a dry pan. Cut the remaining cauliflower half into florets and then into slices and fry in a pan with 1 tbsp of rapeseed oil until tender.

Step 4

Take the bay leaf out of the soup and blend it finely with a hand blender.

Step 5

Place the roasted cauliflower soup in deep plates. Serve with cauliflower slices, roasted almonds, coconut chips and coriander.