

Anita's Cauliflower and Lettuce Soup

Ingredients:

1 large cauliflower, blitzed in processor

Sunflower or rapeseed oil

1 onion, finely chopped

1 clove garlic, crushed

1 baby gem lettuce, shredded

Vegetable stock

1 teasp grain mustard

½ pack of Violife (or similar) hard vegan Sheese, grated



Method:

Heat oil in pan and fry onions till translucent. Add garlic and continue to fry for a minute (don't burn). Add blitzed cauliflower, shredded lettuce, mustard and vegetable stock. Bring to the boil, then turn down the heat and simmer for say 15 minutes. Add the grated Sheese and simmer gently until melted. You can then blitz this in the processor if you want super smooth soup, or eat as is, with a thick wedge of bread or some croutons (torn pieces of bread tossed in oil (and seasonings if desired) then cooked in oven till crispy).