



CREAMY CAULIFLOWER, POTATO & LEEK SOUP

with Cheddar Toasties



Make cheddar toasties!



Leek



Garlic



Cannellini Beans



Cauliflower



Potato



Rosemary



Cheddar Cheese



Chives



Sweet Mustard Spice Blend



Vegetable Stock



Bake-At-Home Continental Rolls



Sour Cream

Pantry Staples



Water



Olive Oil



Hands-on: **35** mins
Ready in: **40** mins

There's nothing quite classic French fare – this soup is jam packed with plenty of veggies and even more flavour. In fact, it's so good that we couldn't just serve it up with plain bread. Enter the cheesy cheddar toasty: the perfect accompaniment to this silky soup.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife**, **chopping board**, **garlic crusher**, **sieve**, **vegetable peeler**, **box grater**, **large saucepan**, **wooden spoon**, **aluminium foil**, **stick blender** and a **spoon**.



1 GET PREPPED

Finely slice the **leek**. Peel and crush the **garlic**. Drain and rinse the **cannellini beans**. Chop the **cauliflower** into small florets. Peel and chop the **potato** into 2 cm chunks. Pick and finely chop the **rosemary** leaves until you have **1 tsp**. **TIP:** Hold the woody end of the rosemary sprig and run your fingers along the stalk to pull off the rosemary leaves in one motion. Grate the **Cheddar cheese**. Finely chop the **chives**.



4 MAKE THE CHEDDAR TOASTIES

While the soup is boiling, preheat the grill to **medium**. Slice the **bake-at-home continental rolls** in **1/2**. **Drizzle** the rolls with **olive oil**, sprinkle over the **rosemary** and season with a **pinch** of **salt** and **pepper**. Top with the grated **Cheddar cheese** and grill for **5-6 minutes**, or until golden. Remove and set aside.



2 COOK THE LEEK

Heat a **drizzle** of **olive oil** in a large saucepan over a medium heat. Add the **leek** and cook for **4-5 minutes**, or until softened. Add the **garlic** and the **sweet mustard spice blend** and cook, stirring, for **1 minute**, or until fragrant.



5 BLEND THE SOUP

Remove the soup from the heat and use a stick blender to pulse the soup mixture until thick and creamy. **TIP:** If you don't have a stick blender, use a blender to blend the soup in batches, or a potato masher to mash until smooth. Stir through **1/2** of the **sour cream** and season to taste with a **pinch** of **salt** and **pepper**. **TIP:** The sour cream will bind the soup and add some extra creaminess.



3 MAKE THE SOUP

Add the **cannellini beans**, the **cauliflower**, the **potato**, the **salt** (use suggested amount) and the **boiling water** (check the ingredients list for the amount) to the saucepan with the leek and crumble in the **vegetable stock** cube. Stir to dissolve the stock cube and bring to the boil. Cook for **10-15 minutes**, or until the cauliflower and potato are soft. **TIP:** The potatoes and cauliflower are cooked when you can easily pierce with a knife.



6 SERVE UP

Divide the cauliflower, potato and leek soup between bowls. Top with a dollop of the remaining sour cream and sprinkle over the chives.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
leek	1
garlic	1 clove
cannellini beans	1 tin (400 g)
cauliflower	1 portion
potato	400 g
rosemary 🌿	1 bunch
Cheddar cheese	1 block (100 g)
chives 🌿	1 bunch
sweet mustard spice blend	1 sachet (2 tsp)
salt*	¼ tsp
boiling water*	3 ¼ cups
vegetable stock	1 cube
bake-at-home continental rolls	5
sour cream	1 tub (200 ml)

*Pantry Items | 🌿 This ingredient can be found in your herb bag

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2710kJ (648Cal)	386kJ (92Cal)
Protein (g)	24.4g	3.5g
Fat, total (g)	25.6g	3.7g
- saturated (g)	12.3g	1.8g
Carbohydrate (g)	74.3g	10.6g
- sugars (g)	6.9g	1.0g
Sodium (mg)	1200mg	170mg

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