



# CURRIED CAULIFLOWER COCONUT SOUP

## • INSTANT POT RECIPE •

2 Tbsp. **Meyer Lemon Olive Oil**

1 large white onion, diced

2 tsp. **Oh! So Garlic**

1 pkg. **Taste of India Spice Blend**

1 whole cauliflower, chopped roughly 4 cups

4 cups vegetable broth

½ tsp. salt

1 can (400 ml) coconut milk

In the Instant Pot, heat olive oil on sauté function (medium) and soften the onion and **Oh! So Garlic** for 2 minutes or until translucent. Sprinkle in the **Taste Of India Spice Blend**; add the cauliflower, vegetable broth and salt. Secure the Instant Pot lid and pressure valve to Sealing. Press the Manual button and adjust the cook time to 5 minutes. Leave to Natural Pressure release for 1 minute, next turn the dial to Venting and use Quick Pressure Release. Stir in the coconut milk and use an immersion blender and blend to a creamy consistency.

The soup can be served immediately or chilled and served cold.

• Meyer Lemon Olive Oil  
• Taste of India Spice Blend

• Oh! So Garlic