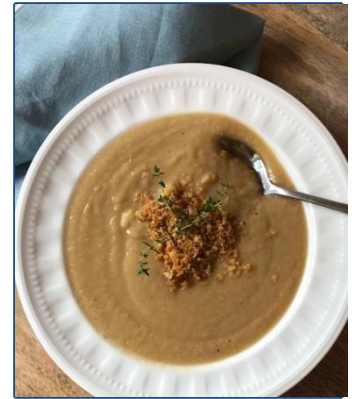


## Ingredients

Serves \*\*

|                               | 6 SERVES | 24 SERVES | 48 SERVES |
|-------------------------------|----------|-----------|-----------|
| Garlic Clove, peeled          | 1        | 4         | 8         |
| Medium Brown Onion            | 1        | 4         | 8         |
| Olive Oil                     | 20 ml    | 80 ml     | 160 ml    |
| Butter                        | 20 g     | 80 g      | 160 g     |
| Sea salt                      | 1 tsp    | 4 tsp     | 8 tsp     |
| Cauliflower, cut into florets | 1 whole  | 4 whole   | 8 whole   |
| Fennel, sliced                | 1 whole  | 4 whole   |           |
| Chicken stock                 | 1 L      | 4 L       | 8 L       |
| Water                         | 500 ml   | 2 L       | 4 L       |
| Cream                         | 50 ml    | 200 ml    | 800 ml    |



## Method

1. Crush garlic clove and peel and slice onion.
2. Fry onion and garlic with olive oil and butter in a large stock pot, until golden.
3. Add cauliflower florets and fennel and fry for 6 minutes or until caramelised.
4. Add chicken stock and water, bring to boil and then turn down heat and let simmer for 15 minutes.
5. Stir in cream and cook for another minute.
6. Puree soup to a smooth consistency.
7. Serve with fried Panko bread crumbs and some fresh thyme.

## Nutrition, hints and tips

- ***This soup is high in Vitamin C and fibre. The addition of the cream makes it higher in energy for those requiring extra kilojoules. Omit the cream for a lower kilojoule version.***

- ***Try serving with fried Panko breadcrumbs and some fresh thyme.***