



**SHEFFIELD'S
SWEET ENOUGH**

**CAULIFLOWER
AND SPICED
CHICKPEA SOUP**

SHEFFIELD IS SWEET ENOUGH

Sheffield is Sweet Enough and Co-op have joined forces to help local people tackle the problem of too much sugar. By cooking more meals at home you can take full control of the ingredients and reduce your family's sugar intake. All of our recipes are lower in sugar, nutritious and delicious. Enjoy!

Cauliflower and spiced chickpea soup

 Vegan, Vegetarian  Low fat

The potato and cauliflower lend a lovely creaminess to this dairy-free soup.

 Feeds 4  Ready in 25 minutes

Each serving contains

| Energy | Fat | Saturates | Sugar | Salt |
|----------------|---------|-----------|--------|---------|
| 14% | Low 14% | Low 8% | Low 9% | Low 13% |
| 1143kj 273kcal | 9.8g | 1.5g | 7.7g | 0.77g |

% of adult's reference intake | Carbohydrates per serving: 30g

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Ingredients

2 Co-op British cauliflowers,
green leaves removed

400g can Co-op chickpeas,
drained and rinsed

4 tsp Co-op olive oil

1 tsp cumin seeds

2 tsp ground cumin

1 tsp dried thyme

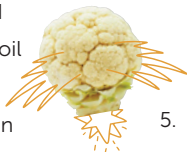
1 onion, diced

2 tsp ground coriander

Pinch of nutmeg

1 baking potato (about 250g),
peeled and diced

1 litre vegetable stock, made
with 1 cube



oil. Sprinkle over the cumin seeds, along with half the ground cumin. Season and toss well to coat

4. Roast for 10 mins, then sprinkle over the thyme, give it a stir, and roast for another 5 mins

5. Meanwhile, put the rest of the oil in a large pan and cook the onion for 5 mins

6. Roughly chop all the remaining cauliflower, plus the reserved stalk, and add to the pan, along with the remaining ground cumin, the coriander and the nutmeg

7. Cook for a further 2 min

8. Add the potato, the rest of the chickpeas and the stock. Cover with a lid and simmer for 10-12 mins, until the vegetables are softened

9. Use a stick blender to whizz until smooth, adding a splash more water if necessary. Serve the soup topped with the roasted cauli and chickpeas

Method

1. Preheat the oven to 200°C/
fan 180°C/Gas 6

2. Halve 1 cauliflower, then cut half into small florets (set the stalk aside to use later)

3. Put the florets on a baking tray with half the chickpeas and drizzle with 2 tsp of the

