

1. Put onion and oil in a bowl and cook on FULL power for 2 minutes.
2. Add cauliflower, mustard, stock and ½ of milk to onion. Cover and cook on FULL power for 6-8 or until cauliflower is going soft.
3. Add the rest of milk and the cheese and cook on Full power for 3-5 minutes until cheese has melted.
4. Blend soup and season.
5. Garnish with parsley and serve with crusty bread.

1 onion, chopped
1 tbsp oil
1 medium cauliflower, broken into small florets
¼ tsp mustard
500ml skimmed milk or soya
200ml vegetable stock
100g goats or other strong flavoured cheese
pepper to season
chopped parsley to garnish

'What's Cooking!' Recipe Card***soup*****CAULIFLOWER AND GOATS CHEESE SOUP**

FOOD FACT:
Cauliflower is part of the brassica family which are believed to help protect against cancer and heart disease.

Preparation time **5mins**

Cooking time **12mins**

Serves 4-6