



Keto cauliflower and bacon soup

Ingredients

- 25g butter
- 2 green shallots, thinly sliced, pale and dark sections kept separate
- 800g cauliflower, cut into florets
- 750ml (3 cups) Massel Chicken Style Liquid Stock
- 250ml (1 cup) thickened cream, plus extra, to drizzle
- 180g bacon, thinly sliced
- Extra virgin olive oil, to drizzle
- 25g (1/3 cup) shaved parmesan

Directions

Step 1

Heat the butter in a large saucepan over medium heat until foamy. Add the pale shallot slices. Cook, stirring, for 1 minute or until softened

Step 2

Add the cauliflower and stir to coat. Pour in the stock and bring to a simmer. Reduce heat to low and simmer, partially covered, for 20 minutes or until the cauliflower is tender. Stir in the cream. Set aside to cool slightly.

Step 3

Meanwhile, cook the bacon in a non-stick frying pan over medium-high heat, stirring occasionally, for 5 minutes or until crisp. Remove from heat.

Step 4

Use a stick blender to blend the soup in the pan until smooth. Bring soup to a simmer over high heat. Season with salt and white pepper.

Step 5

Divide the soup among serving bowls. Drizzle over the extra cream and olive oil. Season and serve sprinkled with bacon, parmesan and dark shallot slices.

Enjoy!

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