



NADIA'S
CHASE-AWAY-THE-CHILL

VEGAN COCONUT Curry soup

"This recipe was adapted from a HelloFresh recipe and is our absolute favorite for warming up on a cold, rainy day. Though, in a real-world study, efficacy has been shown to be 30% greater in the presence of a lit fireplace and cuddling pets!"

— Nadia, Regulatory Team

YIELD: 4 servings

INGREDIENTS

- 1 onion, diced
- 4 scallions, thinly sliced
- 1 head cauliflower, cut into bite sized pieces
- 2 handfuls baby carrots, cut in halves or thirds
- 2 tsp garlic powder
- 2 tbsp curry powder
- 2 tsp cumin
- 1 tsp garam masala
- 1 tbsp turmeric
- 3 heaping tbsp tomato paste
- 1 can coconut milk
- 1 can chickpeas
- 1 tbsp veggie stock concentrate
- 1 tsp sugar
- Salt and pepper to taste
- Cooking oil

MATERIALS

- Large cooking pot

INSTRUCTIONS

1. In a large pot, heat a large drizzle of oil over medium heat. Once the oil is glistening, add the onion and a pinch of salt and pepper and cook until the onion is lightly browned and softened (3-4 minutes).
2. Add scallion whites and garlic powder and cook until fragrant (roughly 1 minute).
3. Add another drizzle of oil, stir in curry powder, cumin, garam masala, turmeric and tomato paste until combined. Cook, stirring constantly, until fragrant (1-2 minutes).
4. Add the coconut milk (shaken), cauliflower, carrots, chickpeas (with their liquid), stock, sugar, 2 cups of water and 1-2 tsp of salt.
5. Bring to a simmer, then cover and reduce heat to medium-low. Cook until cauliflower and carrots are almost tender (6-8 minutes).
6. Uncover and cook, stirring occasionally, until soup thickens (5-8 minutes depending on desired consistency).

TIPS AND TRICKS

Save some of the scallion greens to serve on top of the soup! It adds a bit of freshness to every bite.