

# Cauliflower Soup

Rowville Primary School  
Kitchen Garden Recipe

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## Ingredients

1 Cauliflower,  
1 Litre Vegetable Stock,  
Freshly chopped Parsley  
Freshly cracked Pepper,  
Grated Parmesan Cheese.

## Equipment

Wooden Spoon,  
Large Saucepan,  
Chopping Board,  
Non-slip mat,  
Knife,  
Grater,  
Measuring Jug,  
Stick blender,  
Soup ladle to serve.



## Method

Place non-slip mat on bench, place chopping board on mat. Cut cauliflower into pieces.

Measure stock, place in saucepan, add cauliflower. Place on stovetop, gas on medium, with lid on 25 minutes, or until soft.

Grate parmesan. Wash parsley and dry in tea towel, chop. Clean down bench.

Blend soup with stick blender. Add a pinch of salt if needed.

Serve with cheese, cracked pepper and parsley.