

CAULIFLOWER AND RED LENTIL VELOUTÉ SOUP

Soup Program

Serves 4 – Preparation time: 15 min – Cooking time: 30 min

500 g cauliflower
80 g red lentils
1 shallot
700 ml water
1 vegetable stock cube

A few sprigs of coriander
3 tbsp sesame seeds
10 radishes
2 tbsp sesame oil
Salt and pepper

Remove the leaves and core of the cauliflower. Cut the head into florets and wash. Peel and quarter the shallot. Rinse the lentils three times in cold water. Add the cauliflower, shallot and lentils to the blender. Add the stock cube and water. Add a pinch of pepper. Select the Soup programme, then press the Start/Stop button. Heat a dry non-oiled pan and toast the sesame seeds in it. Set aside. Wash and finely slice the radishes. Place the radishes, sesame seeds and rapeseed oil in a bowl. Add salt and pepper. When the programme is finished, pour the soup into serving bowls and sprinkle with the radishes and sesame seeds.

TEFAL TIP:

Add flaked smoked trout just before serving.