

Ingredients

- **1 large cauliflower** (about 450g), tough outer leaves removed
- **2 tbsp Extra Virgin Olive oil or Coconut oil**
- **1 onion**, finely chopped
- **2 garlic cloves**, thinly sliced
- **1 tbsp medium curry powder**
- **1 litre vegetable stock**
- **100g greek yogurt**
- **½ lemon** juiced

Method

Trim all of the florets from the cauliflower and cut into chunky pieces, keeping back 2 of the nicer florets for later. Finely chop the stem.

Heat the oil in a large pan and cook the chopped cauliflower florets and stem with the onion over a medium heat for 10 minutes, stirring regularly, until the cauliflower is deeply golden.

Tip in the garlic and cook for 2 minutes, then add the curry powder and cook for 1 minute.

Pour in the vegetable stock and simmer for 20 minutes until the cauliflower is starting to break down.

Stir through the yogurt, then use a stick blender to whizz until completely smooth.