

## LEMONY CARROT AND CAULIFLOWER SOUP

### Ingredients:

4 tsp Coriander seeds  
2½ tbsp Olive Oil plus more for serving  
1 lg white Onion, diced (2½ cups)  
3 large Garlic clove, finely chopped  
6 medium Carrots (1¼ lb) washed and cut into 1" pieces. Do not peel.  
1¾ tsp Kosher Salt  
4 tbsp white Miso  
1 small head Cauliflower, trimmed and cut into florets  
1 tsp Lemon zest  
3 tbsp Lemon juice  
Smoked Paprika, coarse Sea Salt and Cilantro leaves for serving

### Directions:

Toast coriander seeds in soup pot over medium heat till fragrant (2-3 min) then coarsely crush.  
Return pot to medium heat, add oil and heat till warm.  
Add onion and cook till lightly colored (7-10 minutes).  
Stir in garlic and cook 1 minute.  
Add carrots, crushed coriander, salt, 7½ cups water and stir in miso till it dissolves.  
Bring to a simmer, cook for 5 minutes, stir in cauliflower and cook covered over medium low heat till vegetables are very tender (about 10 minutes).  
Purée with immersion blender  
Stir in lemon zest and juice just before serving.  
Serve in cups drizzled with EVO, and sprinkled with a little sea salt, a dash of paprika, and cilantro leaves.

**SPECIAL EQUIPMENT:** Immersion Blender, Micro-grater