



*Put a plate of roasted cauliflower in front of me and I will eat the whole thing. Add it into this lemony, garlicky soup and I'm in foodie heaven. Roasting intensifies the cauliflower's flavour, there's a little heat from chili flakes, plus a slight zing from the lemon.*

**Prep Time:** 5 minutes    **Cooking Time:** 45 minutes    **Makes:** 4 servings

### Ingredients:

- 8 cups cauliflower, trimmed and broken into pieces (about one medium head)
- 4 cloves garlic, peeled
- 2 tbsp (30 mL) olive oil
- 1 tsp (5mL) freshly ground pepper (or to taste)
- ½ tsp (2mL) sea salt (or to taste)
- 1 small lemon, cut into 6 wedges and seeds removed
- 4 cups (1.25 L) no salt added chicken broth
- Pinch hot pepper flakes

For Garnish (optional):

Shredded old cheddar, smoked cheddar or pureed kimchi

### How To Make:

Preheat oven to 400F. In a large bowl, toss cauliflower and garlic with olive oil, pepper and salt. Place on a large rimmed baking sheet in a single layer. Scatter lemon wedges around the cauliflower.

Roast until cauliflower is starting to turn golden brown and garlic is slightly softened about 35 to 40 minutes. Remove lemon wedges and discard.

Transfer roasted cauliflower and garlic to a large saucepan. Add chicken broth and hot pepper flakes and bring to a boil. Place a lid on the pan, reduce heat and simmer until cauliflower is tender, about 15 minutes.

Using an immersion blender, puree soup until smooth, or working in small batches, puree soup in a blender. Taste and adjust seasonings as needed.

Ladle into soup bowls, garnish with cheese or pureed kimchi (if using).