

## Creamy cauliflower Soup with Pancetta



Serves	Prep Time	Cooking	Total Time	Calories
<b>4 people</b>				<b>248 kcal</b>

### Stuff that's in it:

- 65G Italian Pancetta Cubes
- 200G Onion (Diced)
- 700G Cauliflower (Chopped Into Small Florets)
- 2 Garlic Cloves (Sliced)
- 30Ml Double Cream (Lighter)
- 750Ml Veg Stock
- Squirt Of Oil
- 4 Slices Sourdough ((Around 20G Each))
- 20G Parmesan
- Fresh Parsley (Chopped)

### What you do:

Start by heating the oil in a large deep pan, add the pancetta and fry for 2-3 minutes until crisp.

Remove with a slotted spoon and add the onions, fry gently for 2 minutes then add the garlic and fry gently for 1 minute, then add the cauliflower and stir through, add the stock, bring to the boil and simmer until soft for around 15 mins.

Let cool slightly then, using a stick blender, blend until smooth, stir the cream through to finish.

Sprinkle the sourdough with Parmesan and press onto each slice of bread, get a shallow fry pan hot and press each piece down until the Parmesan starts to colour, flip over with a spatula and crisp the other side.

Sprinkle the pancetta and parsley over the soup.

And serve with the sourdough.

### **Nutrition**

- Carbs: 21g
- Fat: 10g
- Protein: 15g

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