



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: PEAR

Did you know there are more than 5,000 varieties of pears and the trees can produce fruit for up to 100 years? Pears are packed with nutrients, fibre and antioxidants, making them both delicious and nutritious!



4. CREAMY PARSNIP & PEAR SOUP

WITH CRISPY CAPER TOPPING

Creamy parsnip soup with a citrus burst of capers and toasted pepita seeds. Served with a side of sautéed greens.

 35 Minutes

 2 Servings

 Plant-based

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
14g	27g	38g

25 May 2020

FROM YOUR BOX

SHALLOT	1
GREEN PEAR	1
DICED POTATO/PARSNIP MIX	400g
GREEN BEANS	1 bag (150g)
ZUCCHINI	1/2 *
LEMON	1
PEPITA SEEDS	1 packet (40g)
CAPERS	1 jar
MARINATED FETA CHEESE	1/2 jar *
PARSLEY	1/2 bunch *

* Ingredient also used in another recipe

FROM YOUR PANTRY

olive oil, salt, pepper, 1/2 stock cube (of choice), ground cumin

KEY UTENSILS

frypan, saucepan with lid, stick mixer or blender

NOTES

Slice any leftover lemon and keep in the fridge for adding to your drinking water.

You can use stock paste or liquid stock instead of a stock cube if preferred.



1. SAUTÉ THE VEGETABLES

Heat a saucepan over medium-high heat with **1 tbsp olive oil**. Peel and dice shallot and pear. Add to pan as you go along with diced potato/parsnip mix. Cook for 5 minutes until vegetables are just softened.



2. SIMMER THE SOUP

Stir in **1/2 tbsp cumin** and **1/2 crumbled stock cube** (see notes). Pour in **500ml water**. Cover and simmer for 20 minutes until vegetables are tender.



3. SAUTÉ THE GREENS

Trim beans and cut zucchini into batons. Add to a frypan over medium-high heat with **1 tbsp water** and **1/2 tbsp olive oil**. Cover and cook for 5 minutes until tender. Toss through 1/2 tsp lemon zest and season with **salt and pepper**. Remove to a plate.



4. MAKE THE CAPER TOPPING

Reduce pan heat to medium. Add **1 tbsp olive oil**, pepita seeds and drained capers. Cook for 3-4 minutes until slightly crispy.



5. BLEND THE SOUP

Add marinated feta to the soup and blend using stick mixer or blender until smooth. Squeeze in 1/2 lemon juice. Season to taste with **salt and pepper**.



6. FINISH AND PLATE

Divide soup among bowls and top with caper topping. Chop parsley and use to garnish. Serve with side of greens.