



### Product Spotlight: Lemon Myrtle

Lemon Myrtle is one of the most popular native Australian herbs. Used for centuries as bush medicine and to enhance the flavour of food by Indigenous Australians, it has an aroma of citrus and strong lemon flavour. Perfect in sweet and savoury dishes.



## Lemon Myrtle Root Veg Soup with Labneh Damper

Native Lemon Myrtle gives this carrot, sweet potato and ginger soup a vibrant, aromatic flavour, served with homemade damper, dollops of labneh and super seed sprinkles.



30 minutes



4 servings



Vegetarian

11 August 2023

## Switch it up!

*Instead of making individual portions of damper, bake it as one large loaf and slice or tear it apart to serve. Adjust baking time and bake until it is golden and cooked through.*

Per serve:	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	16g	14g	83g

## FROM YOUR BOX

BROWN ONION	1
GINGER	1 piece
CARROTS	4
SWEET POTATOES	600g
VEGGIE STOCK PASTE	1 jar
LEMON MYRTLE SPICE MIX*	1 packet
LABNEH	1 tub
DUMPLING MIX*	1 packet
SUPER SEED SPRINKLES	1 jar

## FROM YOUR PANTRY

oil for cooking, salt, pepper, milk, dried thyme

## KEY UTENSILS

saucepan, oven tray, stick mixer

## NOTES

\*Lemon myrtle spice mix: lemon myrtle flakes, garlic powder, ground ginger.

\*Dumpling mix: brown rice, white rice, quinoa, tapioca and sweet rice flours, GF baking powder.

Use a blender or food processor if you don't have a stick mixer. You can skip blending the soup altogether if preferred.



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### 1. SAUTÉ THE AROMATICS

Set oven to 200°C.

Heat a large saucepan over medium-high heat with **oil**. Slice onion and peel and grate ginger. Add to pan as you go and sauté for 3 minutes.



### 2. ADD THE VEGETABLES

Roughly chop carrots and sweet potatoes. Add to frypan along with stock paste, **1.5L water** and lemon myrtle spice mix. Cover and simmer for 20-25 minutes until vegetables are tender (see step 5).



### 3. MIX THE DAMPER

Add 1 tbsp labneh (reserve remaining for step 6) to a large bowl along with dumpling mix, **2 tsp thyme**, **1/3 cup milk**, **salt** and **pepper**. Mix to make a dough.



### 4. BAKE THE DAMPER

Use oiled or wet hands to roll the dough into 8-10 portions of damper (see cover for notes). Place directly onto a lined oven tray. Brush with a little extra **milk**. Bake for 5-8 minutes until golden and cooked through.



### 5. BLEND THE SOUP

Remove soup from heat. Use a stick mixer (see notes) to blend to a smooth consistency. Season to taste with **salt** and **pepper**.



### 6. FINISH AND SERVE

Divide soup among bowls. Dollop on labneh and sprinkle over super seeds. Serve with damper.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

