

**Product Spotlight:  
Jerusalem Artichokes**

The Jerusalem artichoke is a variety of sunflower and looks like ginger. It has a lovely sweet and nutty flavour.



## Creamy Jerusalem Artichoke Soup

### with Garlic & Thyme Pizza Breads

This creamy artichoke soup has been a favourite at Dinner Twist since the beginning. It's nutty and sweet, topped with toasted walnuts and Brussels sprouts, perfect for a cold winter night.



30 minutes



2 servings



Plant-Based

7 July 2023

## Stretch the dish!

*You can make extra soup and freeze it for another time; add cauliflower or potatoes and extra cumin and stock.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	12g	10g	97g

## FROM YOUR BOX

BROWN ONION	1
CARROT	1
PARSNIP	1
JERUSALEM ARTICHOKE	300g
BRUSSELS SPROUTS	100g
WALNUTS	20g
THYME	1 packet
GARLIC CLOVE	1
GF PIZZA BASE	1

## FROM YOUR PANTRY

oil for cooking, salt, pepper, ground cumin, apple cider vinegar, 1 vegetable stock cube

## KEY UTENSILS

frypan, saucepan with lid, stick mixer or blender

## NOTES

We leave the peel on our carrots and parsnips, giving them a good scrub under running water to maintain the most nutrients. Don't be too fussy peeling your Jerusalem artichokes, a little skin will blend with the stick mixer.

The pizza base could also be heated in a sandwich press.



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### 1. SAUTÉ THE VEGETABLES

Set oven to 220°C.

Heat a large saucepan over medium-high heat with **oil**. Slice onion and roughly chop carrot and parsnip (see notes). Peel (or scrub) and chop artichokes. Add to pan with **1/2 tbsp ground cumin** and cook for 3–4 minutes.



### 4. HEAT THE PIZZA

Crush garlic and mix together with **1 tbsp thyme leaves** and **1 tbsp oil**. Spread over pizza base and bake for 5 minutes or until golden and heated through (see notes).



### 2. ADD THE STOCK

Add **3 cups water** and **crumbled stock cube** to saucepan. Cover and simmer for 20 minutes or until vegetables are tender.



### 5. BLEND THE SOUP

Use a stick mixer and blend soup to a smooth consistency. Add extra water if it is too thick, and season to taste with **1–2 tsp vinegar, salt and pepper**.



### 3. MAKE THE TOPPING

Heat a frypan over medium-high heat with **oil**. Quarter Brussels sprouts and roughly chop walnuts. Toss in pan with 1/4 packet thyme leaves until walnuts are golden and sprouts are tender. Season with **salt and pepper**.



### 6. FINISH AND SERVE

Ladle soup into bowls. Top with Brussels sprouts and walnuts. Serve pizza slices on the side.

**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**

