



Product Spotlight: Parsley

A sprig of parsley can provide much more than a garnish! Parsley is an excellent source of vitamin K, essential for healthy bones and blood clotting.



Spanish Bean Soup with Croutons

A rich and savoury Spanish bean soup packed with wholesome vegetables and elevated with smoky roast peppers, served with crunchy croutons and fresh parsley to garnish.



25 minutes



2 servings



Plant-Based

15 September 2023

Spice it up!

Add cayenne pepper to the soup as it simmers, or garnish it with some dried chilli flakes if you prefer a little more spice!

Per serve: **PROTEIN** 17g **TOTAL FAT** 12g **CARBOHYDRATES** 82g

FROM YOUR BOX

BROWN ONION	1
MEDIUM POTATO	1
CARROT	1
ROAST PEPPERS	1 jar
GREEN BEANS	150g
CORN COB	1
TINNED MIXED BEANS	400g
GF FLATBREAD	1
PARSLEY	1 packet

FROM YOUR PANTRY

olive oil, 1 vegetable stock cube, smoked paprika, ground cumin

KEY UTENSILS

large frypan, saucepan with lid, stick mixer or blender

NOTES

You can add a crushed garlic clove to the croutons as they toast.



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1. SAUTÉ THE VEGETABLES

Heat a large saucepan over medium heat with **1 tbsp olive oil**. Dice onion, potato and carrot. Add to pan as you go. Cook for 3–4 minutes until beginning to soften.



2. SIMMER THE SOUP

Stir in **1/2 tbsp paprika**, **1/2 tbsp cumin**, **1 crumbled stock cube** and **600ml water**. Increase heat to medium-high. Semi-cover and simmer for 10 minutes.



3. FINISH THE SOUP

Meanwhile, drain roast peppers and blend using a stick mixer until smooth. Trim and slice green beans. Remove corn from cob. Drain mixed beans. Add all to pan and simmer for a further 10 minutes or until root vegetables are tender.



4. MAKE THE CROUTONS

Dice flatbread and toss with **olive oil**. Toast in a frypan over medium-high heat for 5 minutes until crunchy (see notes).



5. FINISH AND SERVE

Divide bean soup among bowls. Top with croutons. Chop parsley and use to garnish.

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**

