



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



4 servings



Plant-Based

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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
	11g	10g	94g

FROM YOUR BOX

BROWN ONION	1
CARROTS	2
PARSNIPS	2
JERUSALEM ARTICHOKE	600g
BRUSSELS SPROUTS	200g
WALNUTS	40g
THYME	1 packet
GARLIC CLOVE	1
GF PIZZA BASES	2-pack

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground cumin, apple cider vinegar, 2 vegetable stock cubes

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 bases 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 carrots and parsnips (see notes). Peel (or scrub) and chop artichokes. Add to pan with **1 tbsp ground cumin** and cook for 3-4 minutes.



4. HEAT THE PIZZA

Crush garlic and mix together with remaining thyme leaves and **2 tbsp oil**. Spread over pizza bases and bake for 5 minutes or until golden and heated through (see notes).



2. ADD THE STOCK

Add **6 cups water** and **2 crumbled stock cubes** 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 - 1 tbsp 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 1/2 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**

