




### 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

 4 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** 14g **TOTAL FAT** 10g **CARBOHYDRATES** 63g

## FROM YOUR BOX

BROWN ONION	1
MEDIUM POTATOES	3
CARROT	1
ROAST PEPPERS	1 jar
GREEN BEANS	150g
CORN COB	1
TINNED MIXED BEANS	2 x 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 **2 tbsp olive oil**. Dice onion, potatoes and carrot. Add to pan as you go. Cook for 3–4 minutes until beginning to soften.



### 2. SIMMER THE SOUP

Stir in **1 tbsp paprika**, **1 tbsp cumin**, **1 crumbled stock cube** and **1.2L 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**

