



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Capsicum


Capsicum is an excellent source of vitamin C needed for tissue growth and repair all over your body. It also helps the body produce collagen, which gives our skin strength and elasticity.



J2 Roasted Capsicum Soup with Salsa and Chickpea Flatbread

Roasted capsicum soup enriched with silken tofu and served with a fresh salsa and chickpea flatbread.

 35 minutes

 2 servings

 Plant-Based

5 August 2022

Mix it up!

Make a pasta sauce with the onion, garlic, yellow capsicum and cherry tomatoes. Blend the roasted capsicums and toss through the pasta with the silken tofu and vegetables. Garnish with basil.

Per serve: **PROTEIN** 31g **TOTAL FAT** 22g **CARBOHYDRATES** 59g

FROM YOUR BOX

FLATBREAD MIX*	1 packet
BROWN ONION	1
CELERY STALK	1
CHERRY TOMATOES	1 bag (200g)
ROASTED CAPSICUMS	1 jar
YELLOW CAPSICUM	1
BASIL	1 packet (20g)
SILKEN TOFU	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground paprika, chilli flakes (optional), red wine vinegar, garlic (2 cloves)

KEY UTENSILS

oven tray, saucepan, stick mixer

NOTES

*Flatbread mix: chickpea flour, fennel seeds, salt



1. SAUTÉ THE VEGETABLES

Set oven to 200°C. Whisk together flatbread mix and **1 1/2 cups water**. Set aside for 7–10 minutes.

Heat a large saucepan over medium–high heat with **2 tbsp oil**. Roughly chop onion, celery, half the cherry tomatoes and **garlic**. Sauté for 4 minutes.



4. MAKE THE SALSA

Dice capsicum, quarter remaining cherry tomatoes and slice basil. Toss together in a bowl with **2 tsp olive oil, 1 tsp vinegar, salt and pepper**.



2. ADD THE CAPSICUMS

Add **1 tsp paprika** and a pinch of **chilli flakes (optional)**. Drain capsicums and roughly chop. Place into saucepan along with **2 cups of water**. Simmer covered for 10 minutes.



5. BLEND THE SOUP

Add silken tofu and **2 tbsp olive oil** to saucepan. Use a stick mixer to blend together. Reduce heat to low and simmer for 5 minutes. Season to taste with **1/2 tbsp vinegar, salt and pepper**.



3. BAKE THE FLATBREAD

Line an oven tray and drizzle with **olive oil**. Pour batter onto tray and spread with a spatula. Bake for 20–25 minutes until golden and crisp around the edges.



6. FINISH AND SERVE

Serve soup into bowls and top with salsa. Drizzle with olive oil and serve flatbread 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**

