



### 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.



## J4 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

 4 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** 25g **TOTAL FAT** 14g **CARBOHYDRATES** 51g

## FROM YOUR BOX

FLATBREAD MIX*	1 packet
BROWN ONION	1
CELERY STALKS	3
GARLIC CLOVES	2
CHERRY TOMATOES	1 bag (400g)
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

## 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 **3 tbsp oil**. Roughly chop onion, celery, garlic, and half the cherry tomatoes. Sauté for 4 minutes.



### 2. ADD THE CAPSICUMS

Add **2 tsp paprika** and **1/4 tsp chilli flakes (optional)**. Drain capsicums and roughly chop. Place into saucepan along with **4 cups of water**. Simmer covered for 10 minutes.



### 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.



### 4. MAKE THE SALSA

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



### 5. BLEND THE SOUP

Add silken tofu and **1/4 cup 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**.



### 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](mailto:hello@dinnertwist.com.au)

