



Roasted Capsicum Soup

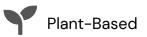
with Salsa and Chickpea Flatbread

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





4 servings



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.

TOTAL FAT CARBOHYDRATES

25g

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.



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.



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.



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.

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