



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Jerusalem artichoke

The Jerusalem artichoke is actually a variety of sunflower and looks quite a lot like ginger root. It has a lovely sweet and nutty flavour.



3 Jerusalem Artichoke Soup

This creamy artichoke soup has been a favourite at Dinner Twist since the beginning! It's nutty and sweet, perfect for a cold winter's night.



30 minutes



4 servings



Plant-Based

29 June 2020

Stretch the Dish

You can make extra of this soup and freeze some for another time! Try adding cauliflower or potatoes and increasing the stock. Serve the soup with crusty bread on the side.

Per serve: **PROTEIN** 10g **TOTAL FAT** 5g **CARBOHYDRATES** 34g

FROM YOUR BOX

CARROTS	3
PARNSIPS	2
JERUSALEM ARTICHOKE	600g
BROWN ONION	1
BRUSSELS SPROUTS	300g
PEAR	1
GARLIC	1 clove
SUPER SEED SPRINKLES	1/2 jar *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, stock cube (1), red wine vinegar

KEY UTENSILS

large saucepan, frypan, stick mixer or blender

NOTES

Cut off any small bumps on artichokes to help smooth out before peeling. A little peel left on is fine as it will all blend smoothly after cooking.

Save any vegetable peels to make a veggie scrap broth!



1. SIMMER THE SOUP

Bring **1.5L of water** with **stock cube** to boil in a saucepan. Peel and dice carrots, parsnips and artichokes (see notes). Chop onion. Add to saucepan as you go. Simmer for 10–15 minutes, or until vegetables are tender.



2. PREPARE THE TOPPING

Trim the brussels sprouts. Separate as many outer leaves as you can. Wedge the centres. Dice the pear. Toss with 1 crushed garlic clove, **1/2 tsp vinegar, oil, salt and pepper**.



3. COOK THE TOPPING

Heat a frypan over high heat. Add brussels sprouts and pear to cook for 2–3 minutes until slightly charred. Take off heat and set aside.



4. BLEND THE SOUP

Use a stick mixer to blend vegetables until smooth (see notes). Season with **salt and pepper** to taste.



5. FINISH AND PLATE

Divide soup among bowls. Top with brussels sprouts (to taste) and super seed sprinkles. Serve remaining sprouts 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**

