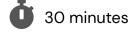




Cauliflower and Potato Soup

with Smokey Seeds and Cheesys

Smooth and tasty cauliflower and poatao soup. Finished with crunchy, smokey pepitas and sunflower seeds, served with garlic and "cheese" toasties.







Spice it up!

Cauliflower soup is easy to take in different flavour directions. You can add a spoonful of your favourite curry paste or powder to spice it up. Alternatively, add smoked paprika and coriander with the cumin for a Mexican twist!

FROM YOUR BOX

POTATOES	800g
CELERY STICKS	3
BROWN ONION	1
CAULIFLOWER FLORETS	1 punnet
PEPITAS AND SUNFLOWER MIX	1 packet (60g)
PEPITAS AND SUNFLOWER MIX PARSLEY	1 packet (60g)
PARSLEY	1 bunch

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, stock cube, cumin, smoked paprika, garlic (1 clove), white wine vinegar

KEY UTENSILS

frypan, saucepan, oven tray, stick blender

NOTES

Use all of the cauliflower florets including the stems.

Add some plant-based milk of choice for a creamier finish if desired.



1. SAUTÉ THE VEGETABLES

Set oven to 220°C.

Heat a large saucepan over medium-high heat with **oil**. Dice potatoes, slice celery and onion and add to pan as you go, along with **1 tbsp cumin**. Cook for 3-4 minutes.



2. ADD THE CAULIFLOWER

Cut cauliflower florets into small pieces (see notes) and add to pan along with 6 cups water and stock cube. Cover and simmer for 15-20 minutes or until all vegetables are tender.



3. TOAST THE SEEDS

Heat a small frypan with **oil**. Add seeds along with **1 tsp smoked paprika** and **salt**. Cook, stirring, for 1–2 minutes until seeds are golden.



4. MAKE THE CHEESYS

Crush garlic, chop parsley (keep half for garnish) and grate cheese. Mix together in a bowl with salt and pepper. Cut focaccia's in half, place on a lined oven tray and drizzle with olive oil. Sprinkle over cheese mix and cook in oven for 4-8 minutes or until cheese is melted.



5. BLEND THE SOUP

Use a stick mixer to blend the soup until smooth (see notes). Add some extra water if soup is too thick, and season too taste with 1/2-1 tbsp vinegar, salt and pepper.



6. FINISH AND SERVE

Divide soup into bowls and top with seeds, and parsley. Drizzle with **olive oil** and serve alongside cheesy bread.

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



