



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Cauliflower


Cauliflower is a member of the cabbage family. While most people eat only the florets, the stem and leaves are also edible and are great in soups and stocks.




K4

Cauliflower and Potato Soup with Smokey Seeds and Cheesys

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

 30 minutes

 4 servings

 Plant-Based

20 May 2022

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!

Per serve: **PROTEIN** 10g **TOTAL FAT** 15g **CARBOHYDRATES** 36g

FROM YOUR BOX

POTATOES	800g
CELERY STICKS	3
BROWN ONION	1
CAULIFLOWER FLORETS	1 punnet
PEPITAS AND SUNFLOWER MIX	1 packet (60g)
PARSLEY	1 bunch
NUT BASED CHEESE	1 packet
GLUTEN FREE FLAT BREADS	2

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 to 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**

