



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Jerusalem Artichokes


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



K4 Creamy Jerusalem Artichoke Soup with Garlic & Thyme Pizza Breads

This creamy artichoke soup has been a favourite at Dinner Twist since the beginning. It's nutty and sweet, topped with toasted walnuts and Brussels sprouts, perfect for a cold winter night.

 30 minutes

 4 servings

 Plant-Based

24 June 2022

Stretch the dish!

You can make extra soup and freeze for another time. Try adding cauliflower or potatoes and adding some extra cumin and stock.

Per serve: **PROTEIN** 9g **TOTAL FAT** 21g **CARBOHYDRATES** 85g

FROM YOUR BOX

BROWN ONION	1
CARROTS	2
PARSNIPS	2
JERUSALEM ARTICHOKE	600g
STOCK PASTE	1 jar
BRUSSELS SPROUTS	200g
WALNUTS	50g
THYME	1 packet
GF PIZZA BASES	2-pack

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground cumin, 1 garlic clove, vinegar of choice (we used apple cider)

KEY UTENSILS

frypan, saucepan, stick mixer or blender

NOTES

We choose to not peel our carrots and parsnips, giving them a good scrub under water to maintain the most nutrients. Don't be too fussy peeling your Jerusalem artichokes, a little skin will blend with the stick mixer.

Pizza bases could also be heated in a sandwich press.



1. SAUTÉ THE VEGETABLES

Set oven to 220°C.

Heat a large saucepan over medium-high heat with **oil**. Slice onion, roughly chop carrots and parsnips (see notes). Peel (or scrub) and chop artichokes. Add to pan with **1 tbsp ground cumin** and cook for 3-4 minutes.



2. ADD THE STOCK

Add **6 cups water** and stock paste to saucepan. Cover and simmer for 20 minutes or until vegetables are tender.



3. MAKE THE TOPPING

Heat a frypan over medium-high heat with **oil**. Quarter Brussels sprouts and roughly chop walnuts. Toss in pan with 1/2 packet thyme leaves until walnuts are golden and sprouts are tender. Season with **salt and pepper**.



4. HEAT THE PIZZA

Crush **garlic** and mix together with remaining thyme leaves and **2 tbsp oil**. Spread over pizza bases and bake for 5 minutes or until golden and heated through (see notes).



5. BLEND THE SOUP

Use a stick mixer and blend soup to a smooth consistency. Add extra water if too thick and season to taste with **1/2 -1 tbsp vinegar, salt and pepper**.



6. FINISH AND SERVE

Ladle soup into bowls. Top with Brussels sprouts, walnuts and a drizzle of olive oil. Serve pizza slices 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

