



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Abhi's Bread

Abhi's was established in South Fremantle by Heinz Muller, a Swiss-born baker. Over the past 20 years their products have reached cult status around Perth, you can also buy them on our Marketplace!





L4

Tomato Soup

with Smoked Cheddar and Super Green Toasties

A winter warming classic! This flavourful soup has balsamic roasted tomatoes and garlic blended with root vegetables, all simmered with organic stock concentrate and served with smoked cheddar toasties!

 35 minutes

 4 servings

 Vegetarian

8 July 2022

Switch it up!

Instead of adding the baby spinach to the toasties, you can stir it through the tomato soup after blending.

Per serve: **PROTEIN** 21g **TOTAL FAT** 20g **CARBOHYDRATES** 91g

FROM YOUR BOX

RED ONION	1
TOMATOES	4
THYME	1 packet
MEDIUM POTATOES	3
CARROTS	2
TOMATO PASTE	2 sachets
SMOKED CHEDDAR CHEESE	1 block
WHOLEMEAL RYE BREAD	1 loaf
BABY SPINACH	1 bag (60g)

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, 1 garlic clove, balsamic vinegar, stock cube (1)

KEY UTENSILS

large saucepan, 2 oven trays, stick mixer or blender

NOTES

Add extra garlic to roast if desired!

How thickly or thinly you slice the bread will determine how many toasties you make.

Stir through some cream for an extra creamy soup! You can also garnish with some finely grated parmesan cheese or extra smoked cheddar and dried chilli flakes.

No gluten option - wholemeal rye bread is replaced with a gluten-free loaf.



1. ROAST THE TOMATOES

Set oven to 220°C.

Wedge onion and tomatoes. Toss on a lined oven tray with **1 garlic clove** (unpeeled, see notes), **2 tbsp olive oil**, **1 tbsp balsamic vinegar** and **1 tbsp thyme leaves**. Roast in oven for 15 minutes.



4. TOAST THE TOASTIES

Place toasties on a lined oven tray. Drizzle with **olive oil**, sprinkle with thyme leaves, **salt and pepper**. Toast in oven for 5 minutes until cheese is melted.



2. SIMMER THE SOUP

Heat a saucepan over medium-high heat with **oil**. Dice potatoes (2-3cm) and thinly slice carrots. Add to pan along with **1 crumbled stock cube**, tomato paste and **1L water**. Bring to the boil then simmer, semi covered, for 12-15 minutes until



5. BLEND THE SOUP

Remove vegetable tray from oven. Use a fork to squeeze garlic out of the skin. Add to saucepan along with roast vegetables. Blend with a stick mixer until smooth. Season to taste with **salt and pepper**.



3. PREPARE THE TOASTIES

Meanwhile, grate cheddar and slice bread (see notes). Build toasties with spinach and cheddar.



6. FINISH AND SERVE

Cut toasties in half.

Garnish soup with remaining thyme leaves (see notes). Serve with toasties.

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**

