



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.



Cauliflower and Potato Soup with Smoky Seeds

Smooth and tasty cauliflower and potato soup, finished with crunchy, smoky pepita and sunflower seeds, and served with garlic toasties.



30 minutes



2 servings



Plant-Based

Spice it up!

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

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	13g	21g	60g

FROM YOUR BOX

POTATOES	2
CELERY STICKS	2
BROWN ONION	1
CAULIFLOWER	1/2
VEGGIE STOCK PASTE	1 jar
PEPITAS AND SUNFLOWER MIX	40g
GARLIC CLOVE	1
PARSLEY	1 packet
GF FLATBREAD	1
LEMON	1

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground cumin, smoked paprika

KEY UTENSILS

frypan, saucepan with lid, stick mixer or blender

NOTES

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



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1. SAUTÉ THE VEGETABLES

Set oven to 220°C.

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



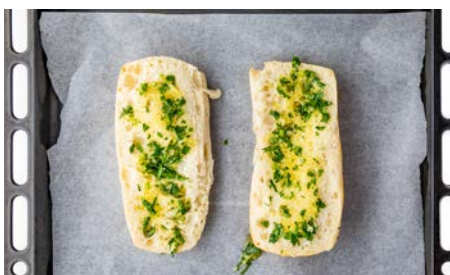
2. ADD THE CAULIFLOWER

Cut cauliflower into florets and add to pan along with **800ml water** and stock paste. Cover and simmer for 15-20 minutes or until all vegetables are tender.



3. TOAST THE SEEDS

Heat a frypan with **oil**. Add seeds along with **1/2 tsp smoked paprika** and **salt**. Cook, stirring, for 2 minutes.



4. MAKE THE GARLIC BREAD

Crush garlic clove and chop parsley (keep half for garnish). Mix together in a bowl with **1 1/2 tbsp olive oil**. Cut flatbread in half and spread with parsley oil. Toast in oven for 5 minutes.



5. BLEND THE SOUP

Use a stick mixer to blend the soup until smooth (see notes). Stir through 1/2 lemon zest and juice (wedge remaining), season too taste with **salt and pepper**.



6. FINISH AND SERVE

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

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