



### 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.



35 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 |
|-----------|---------|-----------|---------------|
|           | 16g     | 18g       | 65g           |

## 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 5–7 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 to 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**.

**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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

