



### Product Spotlight: Jerusalem Artichokes

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



## 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



2 servings



Plant-Based

## Stretch the dish!

*You can make extra soup and freeze it for another time; add cauliflower or potatoes and extra cumin and stock.*

Per serve: **PROTEIN** 15g **TOTAL FAT** 20g **CARBOHYDRATES** 72g

## FROM YOUR BOX

BROWN ONION	1
CARROT	1
PARSNIP	1
JERUSALEM ARTICHOKE	300g
VEGETABLE STOCK PASTE	1 jar
BRUSSELS SPROUTS	100g
WALNUTS	40g
THYME	1 packet
GARLIC CLOVE	1
GF PIZZA BASE	1

## FROM YOUR PANTRY

oil for cooking, salt, pepper, ground cumin, apple cider vinegar

## KEY UTENSILS

frypan, saucepan with lid, stick mixer or blender

## NOTES

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

You can add the remaining stock paste to season.



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### 1. SAUTÉ THE VEGETABLES

Set oven to 220°C.

Heat a large saucepan over medium heat with **oil**. Slice **onion** and roughly chop **carrot** and **parsnip** (see notes). Peel (or scrub) and chop **artichokes**. Add to pan with **2 tsp ground cumin** and cook for 3–4 minutes.



### 2. ADD THE STOCK

Add **3 cups water** and **3/4 jar stock paste** to saucepan. Cover and simmer for 20 minutes or until **vegetables** are tender.



### 3. MAKE THE TOPPING

Meanwhile, heat a frypan over medium-high heat with **oil**. Quarter **Brussels sprouts** and roughly chop **walnuts**. Toss in pan with **1/4 packet thyme leaves** until **walnuts** are golden and **sprouts** are tender. Season with **salt and pepper**.



### 4. HEAT THE PIZZA

Crush **garlic**. Mix together with **1 tbsp thyme leaves** and **1 tbsp oil**. Spread over **pizza base** and bake for 5 minutes or until golden and heated through.



### 5. BLEND THE SOUP

Use a stick mixer to blend **soup** to a smooth consistency. Add extra **water** if it is too thick, and season to taste with **1–2 tsp vinegar, salt and pepper** (see notes).



### 6. FINISH AND SERVE

Ladle **soup** into bowls. Top with **Brussels sprouts** and **walnuts**. Slice **pizza** and serve 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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

