




### 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

 4 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** 11g **TOTAL FAT** 18g **CARBOHYDRATES** 37g

## FROM YOUR BOX

POTATOES	2
CELERY STICKS	3
BROWN ONION	1
CAULIFLOWER	1
VEGGIE STOCK PASTE	1 jar
PEPITAS AND SUNFLOWER MIX	1 packet
GARLIC CLOVE	1
PARSLEY	1 packet
GF FLATBREADS	2
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 **1.5L 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 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 **2 tbsp olive oil**. Cut flatbreads 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 lemon zest and juice, 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.

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