

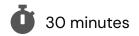


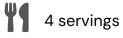


Cauliflower and Potato Soup

with Smoky Seeds

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







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!

TOTAL FAT 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
PEPITAS AND SUNFLOWER MIX GARLIC CLOVE	1 packet
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GARLIC CLOVE	1
GARLIC CLOVE PARSLEY	1 1 packet

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.





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 **1tbsp 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.

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



