



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



4 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	TOTAL FAT	CARBOHYDRATES
	27g	20g	140g

FROM YOUR BOX

BROWN ONION	1
CARROTS	2
PARSNIPS	2
JERUSALEM ARTICHOKES	600g
VEGETABLE STOCK PASTE	1 jar
BRUSSELS SPROUTS	200g
WALNUTS	40g
THYME	1 packet
GARLIC CLOVE	1
GF PIZZA BASES	2-pack

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.

The pizza bases could also be heated in a sandwich press.



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1. SAUTÉ THE VEGETABLES

Set oven to 220°C.

Heat a large saucepan over medium-high heat with **oil**. Slice onion and roughly chop carrots and parsnips (see notes). Peel (or scrub) and chop artichokes. Add to pan with **1 tbsp ground cumin** and cook for 3-4 minutes.



4. HEAT THE PIZZA

Crush garlic and mix together with remaining thyme leaves and **2 tbsp oil**. Spread over pizza bases and bake for 5 minutes or until golden and heated through (see notes).



2. ADD THE STOCK

Add **6 cups water** and stock paste to saucepan. Cover and simmer for 20 minutes or until vegetables are tender.



5. BLEND THE SOUP

Use a stick mixer and blend soup to a smooth consistency. Add extra water if it is too thick and season to taste with **1/2 - 1 tbsp vinegar, salt and pepper**.



3. MAKE THE TOPPING

Heat a frypan over medium-high heat with **oil**. Quarter Brussels sprouts and roughly chop walnuts. Toss in pan with 1/2 packet thyme leaves until walnuts are golden and sprouts are tender. Season with **salt and pepper**.



6. FINISH AND SERVE

Ladle soup into bowls. Top with Brussels sprouts and walnuts. Serve pizza slices 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 **0481 072 599** or send an email to **hello@dinnertwist.com.au**

