



**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 4/6 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
4/6 Person:	14g	14g/19g	67g/73g

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN ONION	1	2
CARROTS	2	3
PARSNIPS	2	3
JERUSALEM ARTICHOKES	600g	600g + 300g
VEGGIE STOCK PASTE	1 jar	1 jar
BRUSSELS SPROUTS	200g	200g + 100g
WALNUTS	40g	2 x 40g
THYME	1 packet	1 packet
GARLIC CLOVE	1	2
GF PIZZA BASES	2	3

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.



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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 **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.

6P – use 1 1/2 tbsp ground cumin.



2. SIMMER THE SOUP

Add **1.5L water** and **stock paste** to saucepan. Cover and simmer for 20 minutes or until **vegetables** are tender.

6P – use 2.25L water.



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 **1/2 packet thyme leaves** until **walnuts** are golden and **sprouts** are tender. Season with **salt and pepper**.

6P – toss in pan with 1 packet thyme leaves until walnuts are golden and sprouts tender.



4. HEAT THE PIZZA

Crush **garlic**. 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.



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 – 1 tbsp vinegar, salt and pepper**.

6P – use 1-1 1/2 tbsp vinegar.



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**

