



Product Spotlight: Pepita & Sunflower Seeds

Small but mighty! These seeds are packed with healthy fats, plant-based protein, and crunch. Toasting them brings out their nutty flavour — perfect for topping soups, salads or snacks.



Parsnip and Potato Soup with Smoky Seeds

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



30 minutes



4 servings



Plant-Based

Spice it up!

Soup made from root vegetables is wonderfully versatile and easy to take in different flavour directions. Add a spoonful of your favourite curry paste or powder for a warming kick, or try smoked paprika and coriander with cumin for a delicious Mexican

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	11g	18g	37g

FROM YOUR BOX

POTATOES	4
PARSNIPS	4
CELERY STICKS	3
BROWN ONION	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

saucepan with lid, frypan, stick mixer or blender

NOTES

Add some plant-based milk of choice for a creamier finish if desired.



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1. SIMMER THE VEGETABLES

Set oven to 220°C. Heat a large saucepan with **oil** over medium heat. Dice **potatoes**, **parsnips**, **celery** and **onion**. Add to pan with **1 tbsp cumin**. Cook for 3–4 minutes. Stir in **1.5L water** and **stock paste**. Cover and simmer for 20 minutes or until all vegetables are tender.



4. 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**.



2. TOAST THE SEEDS

Heat a frypan with **oil**. Add **seeds** along with **1 tsp smoked paprika** and **salt**. Cook, stirring, for 2 minutes. Set aside.



5. FINISH AND SERVE

Divide soup into bowls and top with seeds, and parsley. Drizzle with **olive oil** and serve alongside garlic bread.



3. 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.

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