



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.



35 minutes



4/6 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** 17g **TOTAL FAT** 19g **CARBOHYDRATES** 53g

FROM YOUR BOX

	4 PERSON	6 PERSON
POTATOES	2	3
CELERY STICKS	3	4
BROWN ONION	1	1
CAULIFLOWER	1	1 1/2
VEGGIE STOCK PASTE	1 jar	2 jars
PEPITAS AND SUNFLOWER MIX	80g	80g + 40g
GARLIC CLOVE	1	2
PARSLEY	1 packet	2 packets
GF FLATBREADS	2	3
LEMON	1	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.

6P – use 1 1/2 tbsp ground cumin



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.

6P – use 2.25L water and 1 1/2 jar of stock paste (add more to taste).



3. TOAST THE SEEDS

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

6P – use 1 1/2 tsp smoked paprika



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 5–7 minutes.

6P– chop parsley from 1 packet and use 3 tbsp olive oil.



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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