



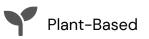
# 4 Jerusalem Artichoke Soup

Warm and filling Jerusalem artichoke soup, with crunchy toppings.





2 servings



# Make some garlic bread!

Serve with some warm crusty bread or have a go at making your own garlic bread. Mince 1/2 garlic clove, mix with 2 tbsp finely chopped parsley, 1 tbsp oil, salt and pepper. Drizzle over thickly cut bread, or bread rolls. Then grill in the oven until golden.

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES

18g

24g

#### **FROM YOUR BOX**

CARROT	1
PARSNIPS	2
JERUSALEM ARTICHOKES	300g
BRUSSELS SPROUTS	150g
PEAR	1
GARLIC	1 clove
PEPITAS	1 packet (50g)
CASHEW CREAM CHEESE	1/2 jar *

<sup>\*</sup>Ingredient also used in another recipe

#### FROM YOUR PANTRY

oil for cooking, salt and pepper, 1/2 stock cube, white wine vinegar

#### **KEY UTENSILS**

large saucepan, frypan, stick mixer or blender

#### **NOTES**

Cut off any small bumps on artichokes to help smooth out before peeling. A little peel left on is fine as it will all blend smoothly after cooking. Save any vegetable peels to make a veggie scrap broth!



#### 1. SIMMER THE SOUP

Bring **750ml of water with 1/2 stock cube** to boil in a saucepan. Dice carrot, peel and dice parsnips and artichokes (see notes), add to saucepan as you go. Simmer, covered, for 10–15 minutes, or until vegetables are tender.



### 2. PREPARE THE TOPPING

Trim Brussels sprouts. Separate as many outer leaves as you can. Wedge the centres. Dice pear. Toss with 1 crushed garlic clove, 1/2 tsp vinegar, oil, salt and pepper.



#### 3. COOK THE TOPPING

Heat a frypan over high heat. Add Brussels sprouts, pear and pepitas to cook for 4-6 minutes until slightly charred. Take off heat and set aside.



# 4. BLEND THE SOUP

Use a stick mixer to blend vegetables and 1 tbsp cashew cream cheese until smooth. Season with **salt and pepper** to taste.



# 5. FINISH AND PLATE

Divide soup among bowls, dollop in a spoonful of cashew cream cheese. Top with Brussels sprouts topping (to taste). Serve remaining sprouts on the side.



