




Product Spotlight: Pears

Pears are best eaten with their skin on, as the skin contains an abundance of beneficial nutrients!



4 Jerusalem Artichoke Soup

Warm and filling Jerusalem artichoke soup, with crunchy toppings.

 35 mins

 4 servings

 Plant-Based

30 July 2021

Make some garlic bread!

Serve with some warm crusty bread or have a go at making your own garlic bread. Mince 1 garlic clove, mix with 3 tbsp finely chopped parsley, 2 tbsp oil, salt and pepper. Drizzle over thickly cut bread, or bread rolls. Then grill in the oven until golden.

Per serve: **PROTEIN** 14g **TOTAL FAT** 17g **CARBOHYDRATES** 66g

FROM YOUR BOX

CARROTS	2
PARSNIPS	3
JERUSALEM ARTICHOKE	600g
BRUSSELS SPROUTS	300g
PEARS	2
GARLIC	2 cloves
PEPITAS	1 packet (50g)
CASHEW CREAM CHEESE	1/2 jar *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, 1 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 VEGGIES

Bring **1.5L of water with 1 stock cube** to boil in a saucepan. Dice carrots, 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 pears. Toss with crushed garlic cloves, **1 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 2 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.

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**

