



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Pumpkin

Unlike many other vegetables, pumpkin is healthier when cooked! Cooking increases the bioavailability of the nutrients found in pumpkin.





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Pumpkin Soup

with Ham & Cheese Toasties

Super family-friendly and a great winter warmer, our pumpkin soup is served with delicious wholemeal ham & cheddar cheese toasties.

 20 minutes

 4 servings

 Pork

29 June 2020

FROM YOUR BOX

BROWN ONION	1
CELERY STICKS	2
CARROT	1
SPRING ONIONS	1/4 bunch *
DICED PUMPKIN	1 bag (1.2kg)
GARLIC CLOVES	3
CHICKEN BONE BROTH	1 jar (250ml)
HAM	1 packet
TOMATO	1
GRATED CHEESE	1/2 packet *
BREAD LOAF	1
SNOW PEA SPROUTS	1/2 punnet *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil/butter for cooking, salt, pepper

KEY UTENSILS

large saucepan, oven tray, stick mixer

NOTES

If you prefer, serve with warm plain bread and use ham and cheese as a topping to the soup instead.

Use any leftover ham & cheese mixture as topping for the soup.

No pork option - ham is replaced with turkey.

No gluten option - bread is replaced with GF bread.



1. SAUTÉ THE VEGETABLES

Set the oven to 220°C.

Heat a large saucepan with **oil/butter**. Roughly chop onion, celery, carrot and white part of the spring onions. Add to pan as you go with diced pumpkin and chopped/crushed garlic. Sauté for 5 minutes.



2. SIMMER THE SOUP

Pour in **3 cups water** and chicken bone broth. Bring to the boil and simmer, covered, for 10-12 minutes, or until pumpkin is soft.



3. MAKE THE HAM MIXTURE

Slice spring onion tops and ham, dice tomato. Combine with grated cheese, **1 tbsp oil** and season with **pepper**.



4. TOAST THE BREAD

Halve the bread lengthways. Place on an oven tray and top with ham & cheese mixture (see notes). Cook in the oven for 5-7 minutes or until cheese is melted.



5. BLEND THE SOUP

Blend the soup to desired consistency using a stick mixer. Adjust seasoning with **salt and pepper** to taste.



6. FINISH AND SERVE

Slice bread into individual portions.

Serve soup with a side of ham & cheese toasties and sprouts.

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

