

SEE
NOTES FOR
VEGETARIAN
INSTRUCTIONS



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.



2 Pumpkin Soup with Ham & Cheese Toasties

Super family-friendly and a great winter warmer, our pumpkin soup is spiced with the delicious island curry spice mix from GH produce, and served with wholemeal ham & cheese toasties.

 20 minutes

 2 servings

 Pork

6 August 2021

Curry over Soup?

Make a coconut pumpkin curry or laksa instead by simmering the pumpkin, spice mix and other veggies in coconut milk and water until tender! Delicious served over noodles or rice.

FROM YOUR BOX

BROWN ONION	1
CELERY STICK	1
GARLIC CLOVES	2
SPRING ONIONS	1/3 bunch *
DICED PUMPKIN	1 bag (600g)
ISLAND CURRY SPICE MIX	1 sachet (30g)
HAM 	1 packet
GRATED CHEESE	1/2 packet *
BREAD ROLLS	2-pack
SNOW PEA SPROUTS	1/2 punnet *
 ANTIPASTO MIX	1 packet

*Ingredient also used in another recipe

FROM YOUR PANTRY

oil/butter for cooking, salt, pepper

KEY UTENSILS

saucepan, oven tray, stick mixer

NOTES

No pork option - ham is replaced with turkey.

No gluten option - bread is replaced with GF bread.

 **VEG OPTION** - Ingredients are replaced with vegetarian alternatives - follow the cooking instructions as directed.



1. SAUTÉ THE VEGETABLES

Set the oven to 220°C.

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



4. TOAST THE BREAD

Halve the dinner rolls. Place on a small oven tray and top with ham & cheese mixture (use any leftover topping for the soup). Cook in the oven for 5 minutes or until cheese is melted.



2. SIMMER THE SOUP

Pour in **2 cups water** and bring to the boil. Simmer, covered, for 10-12 minutes, or until pumpkin is soft.



5. BLEND THE SOUP

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



3. MAKE THE HAM MIXTURE

In the meantime, slice spring onion tops and ham. Combine with grated cheese, **1/2 tbs oil** and season with **pepper**.

 **VEG OPTION** - Prepare as above, using the antipasto mix instead of ham.



6. FINISH AND SERVE

Serve soup with a side of 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

