



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Cauliflower


Cauliflower is actually part of the cabbage family! Store refrigerated and unwashed until time to cook.



2 Cauliflower Soup with Roasted Fennel

A warming and hearty cauliflower soup, topped with roasted fennel and coconut bacon, served with bread rolls.

 30 mins

 2 servings

 Plant-Based

9 July 2021

Make garlic bread!

Mix together 2 tbsp oil, 1 crushed garlic clove, 1 tsp dried herb (eg. parsley, rosemary, thyme) and salt. Cut your rolls into soldiers and brush with oil mix. Place in a heated oven until golden brown.

Per serve: **PROTEIN** 10g **TOTAL FAT** 5g **CARBOHYDRATES** 50g

FROM YOUR BOX

FENNEL	1
ROSEMARY	1 sprig
SHALLOT	1
GARLIC	2 cloves
CAULIFLOWER	1/2 *
STOCK PASTE	1 jar
SILVERBEET	1/2 bunch *
COCONUT BACON	1 packet (15g)
BREAD ROLLS	2 pack

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, fennel seeds

KEY UTENSILS

saucepan, oven tray, stick mixer (or small blender)

NOTES

You could also roast the cauliflower for extra flavour, then add it into the soup.



1. ROAST THE FENNEL

Set oven to 220°C. Slice the fennel and arrange on a lined oven tray. Coat in **oil**, season with **salt and pepper**. Roast for 15–20 minutes until tender (see notes).



2. PREPARE VEGETABLES

Remove the rosemary leaves from the stalk and finely chop to yield 1/2 tbsp, slice shallot, roughly chop garlic, cut cauliflower into florets.



3. SAUTÉ VEGETABLES

Heat a large saucepan over medium–high heat with **oil**. Add prepared vegetables and **1 tsp fennel seeds**. Sauté for 4–6 minutes.



4. SIMMER THE SOUP

Add the stock and **1L water** to the saucepan. Season with **salt and pepper**, leave to simmer for 10–12 minutes. Once the cauliflower is soft use a stick mixer to blend the soup to a smooth consistency.



5. STIR IN SILVERBEET

Roughly chop silverbeet leaves. Stir through the soup and allow to wilt. Adjust seasoning to taste.



6. FINISH AND PLATE

Ladle soup into bowls, top with roasted fennel and coconut bacon, serve with rolls.

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**

