

# Soup and accompaniment cooking instructions

- Place your soup blocks in a saucepan (6 blocks per portion) and allow to defrost
- Cover with a lid and bring to the boil - if the soup is too thick you can always add a splash of water

For the pistou soup

- Add the frozen peas and pasta and cook for around 10min or until the pasta is al dente (you can add a bit more water if the soup seems too thick)
- Add the pesto block to your bowl and pour over the soup
- Give it a good stir and enjoy!

For the pumpkin soup

- Pour into serving bowls, sprinkle over the pumpkin seeds; tear open your rolls and
- Enjoy!

For the Gulaschsuppe

- The Knödel should to defrost for an hour or so before cooking
- Bring a pot of water to the boil and add a generous pinch of salt
- Add the dumpling/s and cook on a gentle simmer for approximately 15min - the dumpling/s should be soft and springy
- Add the dumplings (two per serving) to your bowl of soup
- Enjoy!

If your soup comes with rolls

- Heat your oven to 190°C
- Place your frozen rolls on a lined baking tray and bake for 12-15min until browned and heated through

Serving suggestion:

The soup and dumplings should be great just like that - but if you've got some Rye bread, spread some butter over a slice and dunk it into your soup for extra comfort.