

## *Soup and accompaniment cooking instructions*

- Place your soup blocks in a saucepan 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
- If the soup contains meat, simmer gently for a few minutes until the meat is soft and fully heated through

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 beetroot and ginger soup

- Pour into serving bowls and stir through a dollop of plain yoghurt (the soup can also be enjoyed without yoghurt)
- Enjoy!

For the Gulaschsuppe

- The Knödel should 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 dumplings 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

If your soup comes with sourdough

- Remove the slice/s from the packaging and allow to thaw
- If you'd like to toast your slice you can do so straight from frozen

Serving suggestion:  
Simply tuck in!

