FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Butternut squash soup with Parmesan



Serves	Prep Time	Cooking	Total Time	Calories
6 people				**170 kcal**

Stuff that's in it:

• 10G Lurpack Lighter

• 1.3Kg Squash (Peeled And Cubed)

• 1 Large Onion (Roughly Chopped)

• 1 Celery Stalk (Chopped)

• 2 Large Cloves Garlic (Finely Chopped)

• 1 Tbsp Olive Oil

• 1.1 Ltr Chicken Stock

• 30Ml Single Cream

• 30G Fresh Parmesan

• 2 Sprigs Of Rosemary (Tough Stalk Removed, Finely Chopped)

What you do:

Pre heat your oven to 200˚c

Peel and cube your squash, squirt with the oil and bake for 30 minutes.

In a large pot, add the garlic, onion, celery and rosemary with a knob of butter and gently sweat for a few minutes until soft.

Add the squash cubes , then fill with stock and bring to the boil and simmer on low for 15 minutes.

Remove from heat and stir parmesan in, blend in a food processor, then add the cream to finish.

Nutrition

- Carbs: 28g
- Fat: 6g
- Protein: 5g

Copyright 2024 by Sarah McDonald, All Rights Reserved.