

## Butternut squash soup with Parmesan



Serves	Prep Time	Cooking	Total Time	Calories
<b>6 people</b>				<b>170 kcal</b>

### 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

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