



# Butternut Squash Soup

with melted blue cheese and flatbread

Veggie Quick Cook 20-25 mins • Eat me first

8



Diced Butternut Squash



Flatbread



Blue Cheese



Paprika



Onion



Garlic



Hello Muscat



Creme Fraiche



Balsamic Glaze

Pantry Items: Salt, Pepper, Oil, Water

## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Baking sheet with baking paper, grater, blender

## Ingredients

	2P	4P
Diced Butternut Squash	1 unit	2 units
Flatbread	2 units	4 units
Blue Cheese	55 g	110 g
Paprika	2 sachets	2 sachets
Onion	1 unit	2 units
Garlic	2 units	4 units
Hello Muscat	1 sachet	2 sachets
Creme Fraiche	65 g	125 g
Balsamic Glaze	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>359.5 g</b>	<b>100 g</b>
Energy (kJ/kcal)	2301.2 kJ/ 553 kcal	640.1 kJ/ 153 kcal
Fat (g)	23.4 g	6.5 g
Sat. Fat (g)	14 g	3.9 g
Carbohydrate (g)	66.4 g	18.5 g
Sugars (g)	16.4 g	4.6 g
Protein (g)	18.2 g	5.1 g
Salt (g)	2.5 g	0.7 g

*Nutrition for uncooked ingredients based on 2 person recipe.*

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

## Contact

Thumbs up or thumbs down?  
Head online or use the app to  
rate this recipe.



You can recycle me!



## Prep the Veg

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Halve, peel and thinly slice the **onion**.
- Peel and grate the **garlic** (or use a garlic press).



## Make the Soup

- Place a large pot over medium-high heat with a drizzle of **oil**.
- Once hot, fry the **onion** and **garlic** until softened, 4-5 mins.
- Add the **butternut squash** and fry for 5-7 mins.
- Add the **paprika** and **muscat** along with 500ml **water** (double for 4p). Bring to the boil then simmer until veg is tender, 10-12 mins.
- Add the **creme fraiche** and blend until smooth. Allow to warm through, then season to taste with **salt** and **pepper**.



## Warm the Flatbreads

- When the soup has 5 mins of cooking time left, pop the **flatbreads** onto a lined baking tray.
- Crumble the **blue cheese** evenly over the **flatbreads** and warm in your oven until the **cheese** has melted, 4-5 mins.
- Allow the **flatbreads** to rest outside the oven for 1-2 mins then cut into even slices.

**TIP:** *If you're not a fan of blue cheese feel free to give it a miss!*



## Divide and Serve

- Divide the velvety **butternut squash** soup between bowls.
- Serve the **flatbread** slices alongside.
- Finish with a drizzle of **balsamic glaze**.

## Enjoy!