



UCOOK

Cream Of Exotic Mushroom Soup

**with oven-crisped croutons, miso &
cashew cream cheese**

A perfectly cosy dish: luxuriously creamy exotic mushroom soup, flavoured with miso, thyme, and cashew nuts. Topped with garlic-baked croutons from Schoon, sprinkled with crispy lentils, and thickened with swirls of dairy-free cream cheese.

Hands-On Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Samantha Finnegan

 Vegetarian

 Niel Joubert | Blanc de Noir

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Ingredients & Prep

60g	Lentils <i>drained & rinsed</i>
1	Sourdough Baguette <i>½ cut into bite-sized chunks</i>
2g	Fresh Thyme <i>rinsed & picked</i>
2	Garlic Cloves <i>peeled & grated</i>
10g	Cashew Nuts
5ml	Vegetable Stock
22,5ml	Cashew Nut Cream Cheese
125g	Mixed Exotic Mushrooms <i>wiped clean & roughly sliced</i>
1	Onion <i>½ peeled & roughly diced</i>
22,5ml	White Wine
5ml	Miso Paste
4g	Fresh Parsley <i>rinsed, picked & chopped</i>
1	Lemon <i>½ zested & cut into wedges</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Blender

1. ROASTY TOASTY Preheat the oven to 180°C. Place the drained lentils on a roasting tray. Coat in oil, season, and spread out in a single layer. Roast in the hot oven for 20-25 minutes. Place the bread chunks in a bowl and toss through a drizzle of oil until evenly coated. Add in ½ of the rinsed thyme leaves and ½ of the grated garlic. Season and toss until distributed. Set aside for step 4.

2. GET PREPPED Boil the kettle. Place the cashews in a pan over a medium heat. Toast for 3-5 minutes until golden, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle. Dilute the stock with 400ml of boiling water and set aside. Loosen the cashew cream cheese by gradually adding water in 5ml increments until drizzling consistency. Set aside for serving.

3. FRY THOSE MUSHIES When the lentils have been in for 5-10 minutes, remove from the oven and give a shift. Spread out the croutons on the tray and return to the oven for the remaining time until everything is nice and crispy. Return the pan to a high heat with a drizzle of oil. When hot, fry the sliced mushrooms for 5-6 minutes until soft and golden. Transfer to a bowl on completion. Season, cover, and set aside.

4. START THE SOUP Place a pot for the soup over a medium heat with a drizzle of oil. When hot, fry the diced onion for 5-6 minutes until soft and browned, shifting occasionally. Add in the remaining garlic and thyme, and fry for 1-2 minutes until fragrant, shifting frequently. Stir in the white wine and simmer for about 1 minute until almost evaporated. Mix in the diluted stock until combined and simmer for 1-2 minutes until slightly thickened.

5. FINISH UP Transfer the soup and ½ of the mushrooms to a blender. Add in the chopped cashews and the miso paste. Blend until very smooth, then return to the pot. Simmer over a medium heat for 10-15 minutes, stirring occasionally to prevent it from catching. In the final 2 minutes, return the remaining mushrooms to the pot to reheat.

6. THAT'S SOUPER! Scoop ladlefuls of creamy mushroom soup into a bowl and swirl through the cashew cream cheese. Top with the crispy lentils and garlic croutons. Finish with the chopped parsley, a squeeze of lemon juice, and a sprinkling of zest. Grab a spoon!



Chef's Tip

Mushrooms release water as they cook.
So if there are too many in the pan, they
can end up boiled instead of golden and
charred!

Nutritional Information

Per 100g

Energy	641kJ
Energy	153Kcal
Protein	6.8g
Carbs	24g
of which sugars	2.7g
Fibre	3.9g
Fat	2.9g
of which saturated	0.4g
Sodium	302mg

Allergens

Gluten, Allium, Wheat, Sulphites, Tree
Nuts, Alcohol, Soy

Cook
within 1
Day