



# UCCOOK

## Roasted Butternut & Pear Soup

with herbed croutons & blue cheese crumble

**Hands-on Time:** 35 minutes

**Overall Time:** 45 minutes

**Adventurous Foodie:** Serves 1 & 2

**Chef:** Jade Summers

**Wine Pairing:** Creation Wines | Creation Chardonnay

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 377kJ    | 3518kJ      |
| Energy             | 90kcal   | 841kcal     |
| Protein            | 3.1g     | 29.2g       |
| Carbs              | 13g      | 124g        |
| of which sugars    | 4.1g     | 37.9g       |
| Fibre              | 2.5g     | 23.3g       |
| Fat                | 3g       | 28.4g       |
| of which saturated | 1.7g     | 15.4g       |
| Sodium             | 181mg    | 1689mg      |

**Allergens:** Cow's Milk, Gluten, Allium, Wheat, Sulphites

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |                                                                                                                                              |
|----------|------------|----------------------------------------------------------------------------------------------------------------------------------------------|
| 250g     | 500g       | Butternut<br><i>rinse, deseed, peel &amp; cut into bite-sized pieces</i>                                                                     |
| 100g     | 200g       | Leeks<br><i>trim at the base, cut in half lengthways &amp; rinse</i>                                                                         |
| 1        | 2          | Garlic Clove/s<br><i>peel</i>                                                                                                                |
| 1        | 2          | Pear/s<br><i>rinse, peel, core &amp; cut into wedges</i>                                                                                     |
| 1        | 1          | Vegetable Stock Sachet                                                                                                                       |
| 50g      | 100g       | Danish-style Feta<br><i>drain</i>                                                                                                            |
| 1        | 1          | Lemon<br><i>rinse, zest &amp; cut ¼ [½] into wedges</i>                                                                                      |
| 30g      | 60g        | Croutons                                                                                                                                     |
| 3g       | 5g         | Fresh Parsley<br><i>rinse &amp; pick</i>                                                                                                     |
| 30g      | 60g        | Blue Cheese                                                                                                                                  |
| 10ml     | 20ml       | Butternut Spice<br><i>(2,5ml [5ml] Ground Cumin, 2,5ml [5ml] Ground Cinnamon, 2,5ml [5ml] Ground Ginger &amp; 2,5ml [5ml] Ground Nutmeg)</i> |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Butter  
Blender

**1. BUTTERNUT & PEAR** Preheat the oven to 200°C. Spread the butternut, and the leeks on a roasting tray. Coat in oil, the butternut spice, and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway). At the halfway mark, add the garlic, and the pear. Roast for the remaining time.

**2. VEGGIE STOCK** Boil the kettle. Dilute the stock with 200ml [400ml] of boiling water. To a blender, add the roasted veg, and ½ of the stock. Blitz until a smooth consistency.

**3. CREAMY & ZESTY** Place a pot over medium heat, with the remaining stock, and the blended veg. Simmer until warmed through, 4-5 minutes. Add the feta cheese, the lemon zest, a squeeze of lemon juice, and seasoning.

**4. CRUNCHY CROUTONS** Place a pan over medium with a drizzle of oil or a knob of butter. Fry the croutons with ½ the parsley.

**5. BOWL 'EM OVER** Bowl up the butternut and pear soup. Top with the croutons, garnish with the parsley, and crumble over the blue cheese. Finish the soup off with a crack of black pepper. Enjoy!