



UCOOK

Vegetarian Brie & Butternut Soup

with a toasted Portuguese roll

You've never made a butternut soup like this, Chef! Made extra creamy by blending brie, cheddar & crème fraîche into the soup base, this recipe expertly balances richness with aromatics. Notes of fresh thyme & NOMU Provençal Rub spice will greet you as you dunk a toasted Portuguese roll into this steaming soup sensation.

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Samantha du Toit

Fan Faves

Strandveld | Grenache

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Ingredients & Prep

750g	Butternut Chunks <i>cut into bite-sized pieces</i>
22,5ml	NOMU Provençal Rub
30g	Sunflower Seeds
2 sachets	Vegetable Stock
2	Onions <i>peel & roughly dice 1½</i>
2	Garlic Cloves <i>peel & grate</i>
8g	Fresh Thyme <i>rinse & pick</i>
120g	Brie Cheese <i>roughly chop</i>
120g	Cheddar Cheese <i>grate</i>
90ml	Crème Fraîche
3	Portuguese Rolls

From Your Kitchen

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

1. IT BEGINS WITH BUTTERNUT Preheat the oven to 200°C. Spread the butternut pieces on a roasting tray. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

2. SUNNY SEEDS Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. LAYER WITH FLAVOUR Boil the kettle. Dilute the stock with 600ml of boiling water. Place a pot (large enough for the soup) over medium heat with a drizzle of oil. When hot, fry the diced onion until golden, 6-7 minutes (shifting occasionally). In the final 1-2 minutes, add the grated garlic. Add the roasted butternut, the picked thyme, the diluted stock, the brie cheese, the cheddar cheese, and seasoning. Simmer until slightly reduced and thickening, 8-10 minutes. Blitz in a blender or with a hand blender until a smooth consistency. Loosen with water in 5ml increments if too thick for your liking. Return to the pot and stir through the crème fraîche until heated through and creamy.

4. BUTTERY ROLL Halve the rolls, and spread butter (optional) or oil over the cut-side. Return the pan to medium heat. When hot, toast the rolls, cut-side down, until golden, 1-2 minutes.

5. SOUP'S UP! Bowl up the brie & butternut soup. Scatter over the toasted sunflower seeds. Side with the toasted Portuguese rolls for dunking!

Nutritional Information

Per 100g

Energy	536kj
Energy	128kcal
Protein	5g
Carbs	9g
of which sugars	3g
Fibre	1.7g
Fat	7.4g
of which saturated	3.9g
Sodium	215mg

Allergens

Gluten, Allium, Wheat, Sulphites, Soy,
Cow's Milk

Eat
Within
3 Days