



UCOOK

Vegetarian French Onion Soup

with cheesy baguette rounds

Grab your phone, open a language app, and start searching for some French compliments, because you'll need them once you taste this deeply delicious French onion soup, layered with flavours from a rich beef stock, white wine, garlic & fresh thyme. Topped and sided with Emmental-cheese covered baguette rounds. C'est très magnifique, Chef!

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Megan Bure

Fan Faves

Creation Wines | Creation Sauvignon
Blanc/Semillon

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

1	Onion <i>peel & finely slice</i>
10ml	Cake Flour
1	Garlic Clove <i>peel & grate</i>
40ml	White Wine
15ml	NOMU Beef Stock
3g	Fresh Thyme <i>rinse, pick & finely chop</i>
5ml	Worcestershire Sauce
1	Sourdough Baguette <i>cut into thick rounds</i>
5ml	Garlic Powder
50g	Emmental Cheese <i>grate</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Butter (optional)

1. LET'S START THE SOUP Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion until caramelised, 8-10 minutes (shifting occasionally). Mix through the flour and grated garlic and cook out, 2-3 minutes (shifting constantly). Pour in the wine and simmer until almost evaporated, 2-3 minutes. Mix in the stock, 300ml of water, the chopped thyme (to taste), and the worcestershire sauce. Simmer until reduced and thickened slightly, 10-15 minutes (stirring occasionally). Mix through a sweetener (to taste) and lightly season. Cover and set aside.

2. GARLICKY CHEESY BREAD Spread the bread slices out on a roasting tray and drizzle with oil. Sprinkle over the garlic powder and place into the oven until toasted, 4-5 minutes. Remove from the oven and top the slices evenly with the grated cheese and return to the oven until the cheese is melted, 3-5 minutes.

3. O LA LA, CHEF! Dish up the sumptuous French onion soup and top with 2-3 of the cheese bread rounds. Serve the remaining bread on the side for dunking. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	764kj
Energy	183kcal
Protein	7.9g
Carbs	24g
of which sugars	3.4g
Fibre	1.5g
Fat	4.7g
of which saturated	2.8g
Sodium	542mg

Allergens

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

Eat
Within
4 Days