



UCCOOK

Roasted Butternut & Pear Soup

with herbed croutons & blue cheese crumble

Hands-on Time: 30 minutes

Overall Time: 40 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 <i>rinse, deseed, peel & cut into bite-sized pieces</i>
100g	200g	Leeks <i>trim at the base, cut in half lengthways & rinse</i>
1	2	Garlic Clove/s <i>peel</i>
1	2	Pear/s <i>rinse, peel, core & cut into wedges</i>
1	1	Vegetable Stock Sachet
50g	100g	Danish-style Feta <i>drain</i>
1	1	Lemon <i>rinse, zest & cut ¼ [½] into wedges</i>
30g	60g	Croutons
3g	5g	Fresh Parsley <i>rinse & pick</i>
30g	60g	Blue Cheese
10ml	20ml	Butternut Spice <i>(2,5ml [5ml] Ground Cumin, 2,5ml [5ml] Ground Cinnamon, 2,5ml [5ml] Ground Ginger & 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!