

Butternut Squash and Cheddar Soup

with Apple and Pecan

hellóchef

Did you know, half of the world's pecans are grown in Mexico and the southern States where the nut is also native to?

Cals 1060 • Prot 26 • Carbs 98 • Fat 68

Vegetarian

hellochef.com • 04-383-93-99 • hello@hellochef.com

🕒 cook: 40 min

R2953



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Soup	2 ppl	3 ppl	4 ppl	
Butternut squash	600	900	1200	Grams
Brown onion	1	1	2	Piece
Garlic cloves	2	3	4	Piece
Carrot	2	3	4	Piece
Mature cheddar 4*	60	90	120	Grams
Grated cheddar 4*	60	90	120	Grams
Olive oil	2	3	4	Tbsp
Salt	0.5	0.5	1	Tsp
Paprika powder	2	4	4	Grams
Black pepper	0.5	1	1	Tsp
Water	800	1200	1600	ML
Vegetable stock cube 15*	0.5	1	1	Piece
Cooking cream 4*	200	200	200	ML
Apple and pecan topping				
Green apple	2	3	4	Piece
Pecan nuts 2*	40	60	80	Grams
Butter 4*	20	50	50	Grams
Maple syrup	20	30	40	ML
Cinnamon powder	2	2	2	Grams

Allergens

*4 Milk, *15 Celery, *2 Tree Nuts

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	4412 / 1060
Fat (g)	67.9
of which saturates (g)	39.7
Carbohydrate (g)	98
of which sugars (g)	47
Fiber (g)	19.2
Protein (g)	25.9
Salt (g)	1.7

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep

Peel the **butternut squash**, remove the seeds and chop it into cubes. Peel and chop the **onion, garlic** and **carrot**. Grate the **mature cheddar**.



2 Start soup

Heat a large soup pot over a medium-high heat with a drizzle of **oil**. Once hot, add the **butternut squash, onion** and **carrot**, and cook with a pinch of **salt** for 5 min. Add the **garlic** and cook for 1 min further.



3 Simmer

Add the **paprika, black pepper, measured water** and **stock cube**. Bring to a simmer and cover with a lid. Simmer for 25 min or until the **squash** has softened.



4 Prep topping

Meanwhile, peel the **apples** and cut them into small cubes. Roughly chop the **pecan nuts**. Heat a pan over a medium heat with the **butter**. Add the **apple** and cook for 2 min until slightly softened. Add the **pecan, maple syrup** and a pinch of **cinnamon powder**. Cook for 1 min further.



5 Puree soup

Add the **cream** to the soup and puree it with a hand-held blender. If the soup is too thick, add a splash of water. Add the **grated** cheeses and stir until melted. Check the seasoning.



6 Serve

Divide the **soup** among bowls and sprinkle with the **apple** and **pecan** mix.