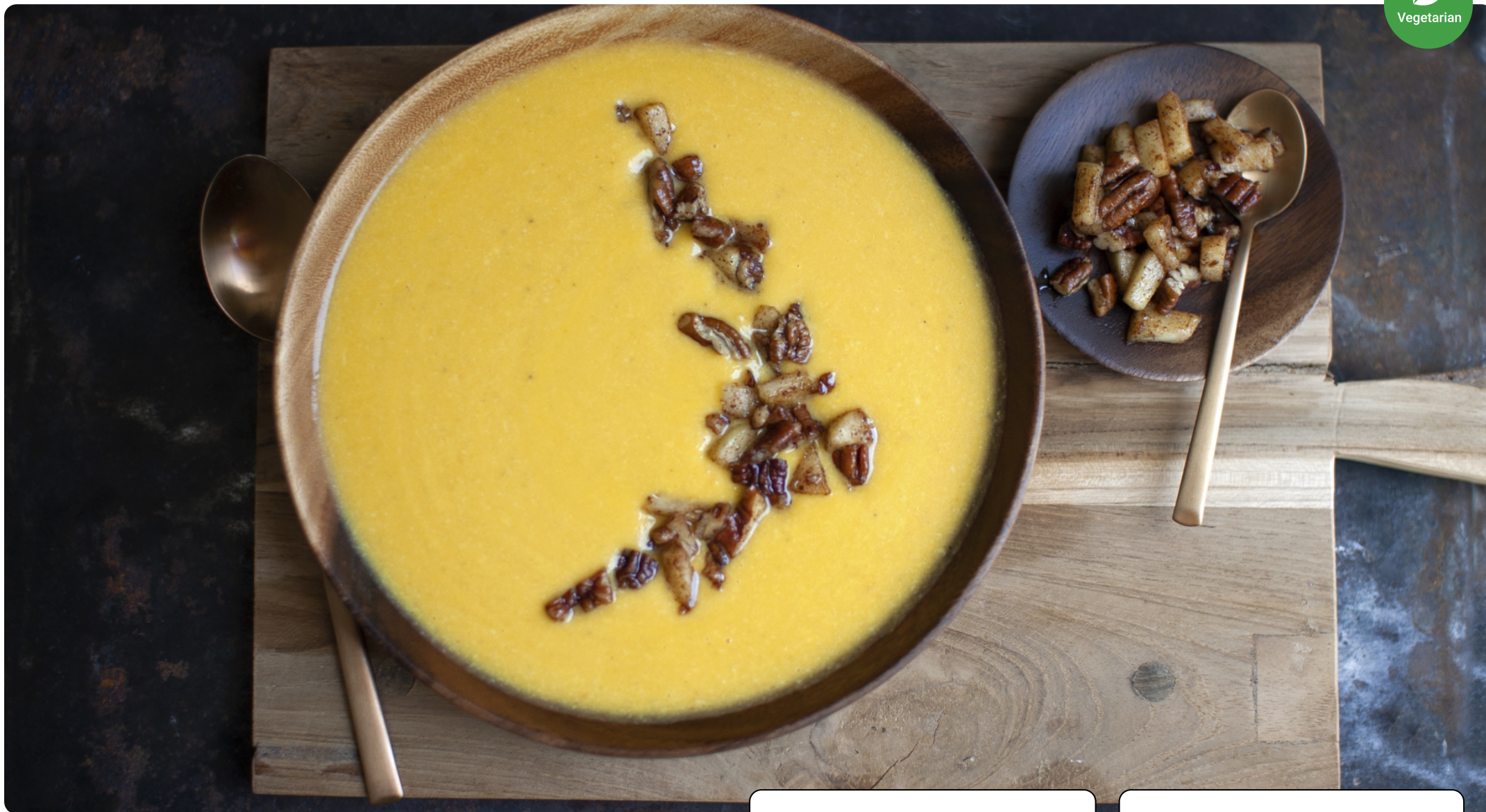


Butternut Squash and Cheddar Soup

with Apple and Pecan



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

Takes: 40 min | Gluten-Free | Equipment Required: Blender
Cals 1005 | Prot 25 | Carbs 86 | Fat 66

Tips For Fussy Eaters

Reserve some of the grated cheddar and prepare a cheese toastie for them!

Pro Tip

Prepare the soup in advance, up until step 3. Reheat, puree and add the cheese just in time for dinner.

Ingredients

For 2 For 3 For 4

Soup

Butternut squash	600	900	1200	Grams
Brown onion	0.5	1	1	Pieces
Garlic cloves	2	3	4	Piece
Carrot	2	3	4	Piece
Mature cheddar	60	90	120	Grams
Grated cheddar	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	0.5	1	1	Pieces
Cooking cream	200	200	200	ML

Apple and pecan topping

Green apple	2	3	4	Piece
Pecan nuts	40	60	80	Grams
Salted butter	20	50	50	Grams
Maple syrup	20	30	40	ML
Cinnamon powder	2	2	2	Grams



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.



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