



4

SERVES/MAKES



COOKING TIME:
< 60 min



COOKING STYLE:
Oven

LANCEWOOD® CREAMY BUTTERNUT SOUP

INGREDIENTS:

800 g butternut, cubed
1 celery stalk, chopped
2 carrots, chopped
1 onion, chopped
2 sprigs of rosemary
2 sprigs of thyme
30 ml olive oil
Salt & freshly ground black pepper to taste
5 ml crushed garlic
500 ml vegetable stock
250 ml **LANCEWOOD® Sour Cream**

METHOD:

Preheat the oven to 180°C. Place the butternut, celery, carrots and onion on a greased baking sheet. Top with rosemary and thyme and drizzle with olive oil. Sprinkle with seasoning and roast for 50 – 60 minutes or until vegetables are golden brown and entirely cooked through. Remove the sprigs of thyme and rosemary and place the roasted vegetables in a blender. Add the garlic, vegetable stock, and Sour Cream and blend until smooth and creamy. Serve immediately or place in a pot over a medium heat to warm up further.

PRODUCTS USED:



Sour Cream

ENJOY!