

Pumpkin soup with red lentils

Cuisine: Czech

Food category: Vegetables



Author: Jan Malachovský

Company: Retigo



Program steps

1 Hot air 100 % Termination by time 00:20 hh:mm 180 °C + 100 %

Ingredients - number of portions - 10

Name	Value	Unit
hokkaido pumpkin	1	kg
red lentils	0.5	kg
cream 12%	250	ml
onion	200	g
honey	100	g
vegetable oil	50	ml
butter soft	50	g
salt	5	g
nutmeg	1	pcs

Directions

Clean the pumpkin and onion, drizzle with oil and bake on the given program.
Then transfer everything to a pot or pan and add red lentils. Cover with water or broth and cook for 15 min. Then add cream, butter and mix everything. Season with salt, nutmeg and lemon. If we want the soup sweeter, add honey.

Nutrition and allergens

Allergens: 1, 7

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, C, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	316.8 kJ
Carbohydrate	52.5 g
Fat	4.9 g
Protein	13.8 g
Water	0 g

Recommended accessories



Enameled GN container