

Roasted butternut squash soup

Cuisine: Other

Food category: Vegetables



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Company: Retigo



Program steps

Preheating: 220 °C

1	Hot air	100 %	Termination by time	00:30 hh:mm	220 °C	100 %	
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Ingredients - number of portions - 4

Name	Value	Unit
butternut squash	1.5	kg
onion	1	pcs
garlic cloves, finely chopped	3	pcs
vegetable broth	700	ml

Nutrition and allergens

Allergens:

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

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

Nutritional value of one portion	Value
Energy	213.8 kJ
Carbohydrate	45 g
Fat	0.4 g
Protein	3.8 g
Water	0 g

Directions

Trim the ends of the pumpkin to stabilize it. Cut it in half lengthwise with a sharp knife. Using a spoon, remove the seeds and fibers. Place the two pumpkin halves cut-side up on a baking sheet lined with parchment paper. Lightly brush with olive oil and season with salt and pepper. Turn the pieces over cut-side down.

Using a sharp knife, cut off the top of each garlic head (about 5 mm) to expose the cloves.

Arrange the garlic heads cut-side up in the dish.

Bake for a total of 60 minutes.

After 30 minutes, cut an onion in half, brush it with oil, and place it on the baking sheet cut-side down. Continue cooking with the onion for the remaining 30 minutes.

Once out of the oven, let the squash cool slightly before scooping out the flesh with a spoon.

Blend until smooth and creamy.