



Food For Thought Recipe and Allergen Card

Soup

50 Portions

Ingredient	Hannah Product Code	Quantity
White onion - sliced		2k
Garlic - Diced		5 cloves
Mixed herbs		2 tbsp
Olive oil		For frying
Salt		To taste
Pepper		To taste
Vegetables- eg Carrot and coriander Leek and potato Butternut Squash Mushroom		

RECIPE METHOD – ALLERGENS

1. In a heavy bottomed pan, heat the olive oil for frying
2. Add the onion, garlic and mixed herbs and cook on a high heat for 5 minutes stirring regularly
3. Add the chosen vegetables and season with salt and pepper
4. Turn down the heat and cook for 20 minutes (sweating the vegetables allows the flavours to cook and develop)
5. Add enough water to just cover the vegetables and bring the pan to the boil
6. Just as it boils turn it down to SIMMER for 15 minutes or until the vegetables are tender
7. Puree the soup with a hand blender until smooth and adjust the seasoning

The allergens highlighted in RED are present in this dish

Allergens:

Cereals : Wheat

Rye

Barley

Oats

Spelt

Kamut

Milk

Eggs

Peanuts

Tree Nuts

Sesame

Fish

Crustaceans

Molluscs

Celery

Mustard

Soya

Lupin

Sulphites

May contain...