

# Cream of Cauliflower & Broccoli Soup

Allergens – **Gluten**, **Milk**, **Celery**

## Ingredients

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Quantity	Ingredient
50g	<b>Vegetable Bouillon</b> (Knorr and Major contains <b>Celery</b> )
3Ltr	Water
200g	<b>Margarine</b>
200g	<b>Plain flour</b> (contains <b>Wheat</b> )
800mls	<b>Semi skimmed milk</b>
675g	Cauliflower (florets)
675g	Broccoli (florets)

## Method

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1. Boil the vegetables in water, drain and reserve the cooking water.
2. Melt the margarine and add the flour to make a roux and slowly add the cooking water.
3. Add the bouillon, bring to boil and simmer for 30 minutes.
4. Add the vegetables and liquidise the soup.
5. Add the milk and reheat to 82°C before serving.

### Nutritional Content per 200g portion

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (mg)	Carbs (g)
= 154.1	= 10.1	= 2.5	= 3.5	= 0.9	= 12.3

**Portion size** - Primary – 200g

Reviewed July 2018