

Spicy Cream of Cauliflower & Parsnip Soup



4:1 ratio

- **Preparation time:** 10 minutes
- **Cooking time:** 15 minutes
- **Recipe makes** 1 portion

Recipe provides **approximately:**

Nutritional content	Quantity		Your recipe/MKD exchanges
Fat	27.6g	19.6g LCT	
		8g MCT	
Protein	2.4g		
Carbohydrate	4.6g		
Energy (calories)	276kcal		



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Ingredients	Quantity	Your recipe
Olive oil	10g	
Cauliflower, chopped	40g	
Parsnip, peeled and diced	10g	
Spring onions, sliced	10g	
Curry powder	2g	
Garlic purée e.g. GIA	2g	
betaquik	40g	
Stock cube, vegetable	1g	
Water	120g	
Crème fraîche, full fat e.g. Tesco	25g	
Salt and pepper	to taste	

Method:

1. Heat oil in a saucepan over a medium heat, add the cauliflower, parsnips, spring onions, curry powder and garlic purée, cook for 3 to 4 minutes, stirring occasionally.
2. Add the **betaquik**, stock cube and water, stir and simmer on a low heat for 10 minutes.
3. Using a hand blender, blend to a smooth consistency. Pour the soup into a bowl, spoon crème fraîche on top of the soup and season with salt and pepper to preferred taste before serving.

Serving
Suggestion

Always check with your dietitian what is suitable for you

- Serve with a bread roll (see recipe)



Betaquik is a food for special medical purposes and must be used under medical supervision.

This recipe has been specifically designed for use in a ketogenic diet.

Refer to labels for allergens and other product information.