

Noodle broccoli soufflé

Savoury

level 

 1

 60 min



Ingredients

100 ml	Fresubin 2 kcal DRINK Neutral
80 g	noodles (e.g. thin macaroni)
100 g	broccoli (fresh or deep-frozen)
40 g	egg (size M)
60 g	cooked ham, small cubes
10 g	butter (1 heaped teaspoon)
30 g	grated Emmental cheese (45% fat)
	salt, pepper, nutmeg

Nutritional information per serving:

Energy	864 kcal
Protein	54.8 g
Fat	34.9 g
Carbohydrate	81.8 g
Fibre	0.0 g



Alternative products:
Fresubin[®] Energy DRINK

Preparation

Cook the noodles according to instructions on the packaging and allow to cool. Blanch the ready-to-cook broccoli and also allow to cool. Grease a soufflé dish with butter.

Mix noodles, broccoli and diced ham and place in dish. Mix Fresubin 2 kcal DRINK Neutral, egg and the herbs well and pour into dish. Sprinkle with grated cheese.

Bake the soufflé at approx. 160 °C for 20 to 30 minutes.

TIP:

Depending on your taste, the broccoli can be substituted with cauliflower, mushrooms or leaf spinach.