

Poultry soup

Savoury

level 

 1

 15 min



Ingredients

200 ml	Fresubin 2 kcal DRINK Neutral
100 g	turkey breast meat, ready for cooking
20 g	butter
30 g	onions
150 ml	meat stock (1 cup)
20 ml	cream (30 % fat) (2 tablespoons)
30 g	flour, type 405 (2 tablespoons)
10 g	parsley, chopped (2 tablespoons)
	curry, garlic, sage, lemon juice, salt

Nutritional information per serving:

Energy	841 kcal
Protein	49.1 g
Fat	40.3 g
Carbohydrate	68.7 g
Fibre	0.0 g



Alternative products:

Fresubin® Energy DRINK

Preparation

Cut turkey breast and onions into fine strips, braise in butter and sprinkle with curry. Add 3/4 of the stock and cook. Stir the flour with the remaining stock until smooth and thicken the soup. Add Fresubin 2 kcal DRINK Neutral, heat under stirring and season.

Stir parsley into the finished soup and serve, garnish with cream.