Fresubin®
à la carte

Banana curry soup

Ingredients

200 ml	Fresubin Energy DRINK Neutral
10 g	onions
20 g	leek
1 table-spoon	sunflower oil
100 g	banana (1 medium sized)
30 g	pineapple (tinned)
100 ml	meat stock
50 g	potatoes (1 small sized)
10 g	almonds (1 tablespoon)
2 table-spoons	cream (30 % fat)
	salt, curry powder, white pepper

Nutritional information per serving:

Energy .... 745 kcal
Protein .... 17.5 g
Fat .... 41.0 g
Carbohydrate .... 73.0 g
Fibre .... 4.6 g

Alternative products:
Fresubin® 2 kcal/Fibre DRINK

Preparation

Cut onions and leek in strips and fry gently in oil. Mash banana, cut pineapple in small cubes and add both to the onions and leek. Stew ingredients for another 2 minutes.

Add stock and Fresubin Energy DRINK Neutral. Grate potato and add to thicken the soup. Season to taste.

Roast almonds on a baking plate in the oven. Add whipped cream and roasted almonds as a garnish.

TIP:
Use peaches or mandarins instead of pineapple.

FRESENIUS KABI
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