



Ingredients

200 ml	Fresubin Energy DRINK Neutral
12	large shrimps (peeled) (150 g)
6	carrots (450 g)
500 ml	water
4 table- spoons	olive oil
2	shallots (600 g)
	chive
	salt and pepper

Nutritional information per serving:

Energy	290 kcal
Protein	10.9 g
Fat	19.0 g
Carbohydrate	18.0 g
Fibre	3.7 g



Alternative products:

Fresubin[®] 2 kcal/Fibre DRINK

Preparation

Peel the carrots and chop them into small pieces. Fry the carrots and the finely chopped shallots in 2 tablespoons oil for a few minutes and add salt & pepper. Pour in the water and cook for 20 minutes. Pour in the Fresubin Energy DRINK Neutral and mix the soup with a mixer.

Fry the shrimps in a pan with 2 tablespoons oil for 5 minutes, add salt and pepper and put them in the soup. Garnish with chopped chive.

TIP:

Add roasted croutons as garnish.