



## Recipe Details

Recipe Name : **Courgette Souffle**  
Recipe Category:  
Author : **Delia Smith**  
Created : **February 16, 2015**  
Last Updated : **February 16, 2015**  
Portions : **4**





### Weight (Per Portion)

One portion of this dish weighs approximately 217.00 Grams

### Recipe Ingredients

Ingredient	Quantity	Allergen Warnings
Courgette, includes skin, raw	110 Gram	
Butter, unsalted	25 Gram	 Milk
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Parsley, raw	2 Tablespoon	
Chives, fresh	2 Teaspoon	
Flour, wheat, white, plain	3 Tablespoon	 Gluten
Milk, whole	275 Millilitre	 Milk
Egg, yolk, chicken, raw	5 Medium	 Egg
Egg, white, chicken, raw	6 Medium	 Egg
Cheese, Parmesan, grated	25 Gram	 Milk
Nutmeg, whole	1 Unit	
Pepper, black	1 Pinch	
Salt, sea	1 Pinch	
Cheese, Cheddar, English	50 Gram	 Milk

### Recipe Alerts

Special Dietary Requirements Suitability:	 Vegetarian
Allergen Warnings:	 Gluten  Milk  Egg

### Recipe Method

salt and pepper and leave to cool. Souffl

