

ITALIAN STYLE COURGETTE & PARMESAN SOUP



Food Fact:-

Courgettes have a high water content and are low in calories. They are a source of folate, potassium, and vitamins A and C.

Smaller, younger courgettes have more flavour. Look for firm, heavy-feeling courgettes with unblemished bright and glossy skins.

Preparation time 8 mins

Serves 4-5

Cooking time 11 mins



Ingredients

1. Put oil, garlic into a large microwave proof bowl cook on high for 1 minute.
 2. Cut courgettes lengthways into quarters then into 1cm/1/2in slices
 3. Add to the bowl with 2-3 tbsp of stock and the basil, cover and cook on high for 5 minutes or until courgettes are soft.
 4. Add the rest of the stock, cover and cook on high for a further 5 minutes.
 5. Blend three-quarters of the soup until smooth then add back into the bowl.
 6. Stir in cream/yoghurt, parsley and parmesan
 7. To serve, ladle the soup into a bowl and season, with freshly ground black pepper. Sprinkle over more parmesan, to taste.
- 60ml/2fl oz olive oil
1 tbsp chopped garlic
Handful chopped basil leaves
1kg/2¹/₄ lb courgettes
750ml veg stock
60ml/2fl oz single cream/yoghurt
Handful chopped flat leaf parsley
50g/2oz freshly grated parmesan cheese
Black pepper to taste

Serve with crusty bread and a green salad.

