

Courgette Soup

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Courgette Soup Recipe

Ingredients:

- 2 lbs (900 g) courgettes
- ½ lb (225 g) potatoes
- 2 cloves garlic
- 1 onion
- 1½ pints (900 ml) water or white vegetable stock
- Salt and Pepper
- 1 tablespoon chopped basil
- 1 tablespoon chopped oregano
- 1 tablesepoon chopped chives
- 2 tablespoons olive oil
- 2 oz (56 g) grated parmesan cheese
- 2 tablespoons cream

Method:

1. Wash the courgettes and chop into chunks. Peel and cut the potatoes into small cubes.
2. Peel and slice the onion. Crush the garlic.
3. Heat the olive oil in a large pan and add the onion and garlic. Lightly fry for about 5 minutes to soften.
4. Add the potatoes to the pan, cover with half of the stock or water, bring to the boil and then reduce to a simmer for about 15 minutes until half-cooked..
5. Add the courgette chunks, salt and pepper to taste, chopped oregano and basil and the rest of the stock or water, bring to the boil and then reduce to a simmer for 10 minutes, stirring occasionally, until the potatoes are fully cooked.
6. Either rub through a sieve or put through a blender to make a smooth pureeee.
7. Return to a clean pan, re-heat and add the cream, grated parmesan and chopped chives without boiling.
8. Serve immediately with a sprinkling of cheese on the top of the bowls.