



# EASY COURGETTE SOUP

## INGREDIENTS

- 1 medium onion – diced
- 2 cloves garlic – crushed
- 2 courgettes – halved and sliced
- 1 handful fresh basil - torn
- $\frac{1}{2}$  teaspoon dried mixed herbs
- 1 vegetable stock cube
- 600ml (1 pint) water
- 50g reduced fat mature cheddar - grated
- 1 teaspoon crème fraiche
- freshly ground black pepper
- 2 handfuls spinach leaves - optional

## EQUIPMENT

- chopping board, sharp knife,
- large saucepan, measuring jug,
- teaspoon, weighing scales,
- hand blender, ladle

**SERVES:** 4

**PREP TIME:** 15 minutes

**ALLERGENS:** cereals containing gluten,  
milk, mustard

**COOK TIME:** 20-25 minutes

## METHOD

- 1 Prepare the vegetables and place in the saucepan. Then add the basil, herbs, stock cube and water.
- 2 Place the pan on the hob and bring to the boil. Reduce the heat and simmer for 20-25 minutes until the vegetables are soft.
- 3 Remove the pan from the heat and add the grated cheese, crème fraiche, black pepper and the spinach leaves (if using).
- 4 Carefully blend the soup until smooth. Serve the soup with a sprinkling of parsley on top and a wholemeal bread roll.

## HANDY HINT!

- \* Any leftover soup can be refrigerated for up to 2 days or frozen for up to 1 month.



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