

Italian Zucchini Soup

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- 1 kg Green Zucchini cut lengthways in quarters then 1cm slices
 - 60 ml Extra Virgin Olive Oil
- □ 15 g Garlic Cloves chopped
- □ 750 ml chicken stock
- □ 60 ml Single Cream
- □ Italian Basil leaves chopped
- □ continental parsley chopped
- □ 50 g Reggiano Parmigiano cheese grated

- Sea Salt & freshly ground black pepper

Method

Heat the oil in a heavy-based pan.

Cook the garlic, basil, salt and zucchini slowly for approximately 10 minutes, until the zucchinis are lightly browned and very soft.

Add some pepper and stock and simmer for 8 minutes, uncovered.

Remove from the heat.

Put $\frac{3}{4}$ of the soup into a food processor and process until smooth.

Return to the pan and stir in the cream, parsley and Parmesan.

Place in a bowl and sprinkle with cheese and some pepper.