

ZUCCHINI, BROCCOLI & BASIL SOUP

Prep Time	Cook Time	Total Time
15 mins	10 mins	25 mins

Course: Soup

Cuisine: Mediterranean

Servings: 4

Author: www.becandbasil.com

Ingredients

Soup

- 2 tbsp extra virgin olive oil
- 2 cloves garlic minced
- 500 grams zucchini (courgette) chopped
- 1 broccoli stem included, roughly chopped
- 300 ml vegetable stock hot
- 1/4 bunch Italian basil leaves stems removed

Garnish

- 1 small handful flatleaf parsley chopped
- 50 g freshly grated parmesan plus extra to serve
- salt and pepper to taste

Instructions

1. Heat the oil in a heavy-based pan over a medium heat.
2. Cook the garlic, broccoli and courgette slowly for 5-10 minutes, until the vegetables start to soften. Be careful not to let the garlic brown.
3. Add vegetable stock and simmer for 8 minutes, uncovered. The vegetables should be soft but still retain their bright green colour.
4. Remove from the heat.
5. Place ingredients, salt and pepper, parmesan and basil into a food processor and blend until smooth. Alternatively use a stick blender and a large heat proof bowl.
6. To serve, ladle the soup into a bowl and season to taste, with salt and freshly ground black pepper and top with chopped parsley leaves.
7. I like to enjoy this with some crunchy toasted sourdough bread.

Recipe Notes

Variations:

- You could substitute broccoli for cauliflower, Basil for parsley or coriander, or for every more green add a generous handful on spinach for the last 2 minutes of cooking.
- For vegetable stock you can use homemade stock or use msg-free (organic preferable) stock cubes. You could also use chicken stock in its place.
- For vegan or dairy free I suggest replacing parmesan with 1 tablespoon nutritional yeast flakes.

This soup freezes well, be sure to cool completely before transferring to freezer safe container. Will keep for a minimum of 3 months.

Will keep in the fridge for 2-3 days.