

Creamy Courgette soup



Recipe for 3

500g courgette
1 onion
1 tblsp oil
1 vegetable stock cube
350mls hot water
100mls milk
100g soft herb and garlic cheese (Roule or Boursin)
1/4 tsp salt
1/4 tsp pepper

Equipment

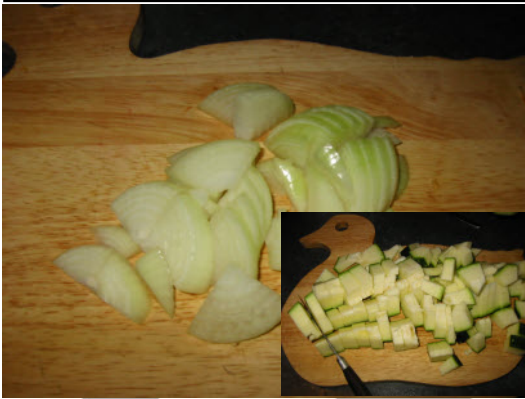
Chopping board, sharp knife, medium saucepan and lid, blender or liquidiser or food processor, measuring jug, measuring spoons,

1



Wash your hands, tie up your hair if necessary and put on your apron. Read the recipe card right through. Collect all the ingredients. Collect any equipment you will need

2



Chop the onion. Slice the courgette - thin slices. As the soup is liquidised, you do not need to be too careful.

3



Put the oil in a saucepan (you need a lid later). Put the ring on high for 1 minute to get the pan hot, then turn down to 2 or 3. Gently fry the onion & courgette for 5 minutes without browning.

4



Make up the stock cube with the water and add to the pan. Turn the ring to high and bring the soup to the boil. Turn the ring down to 2 or 3, keeping the soup simmering (just bubbling). Simmer for 30 minutes until the vegetables are soft.

5



Using a liquidiser, processor or hand blender, blend until smooth. **TAKE CARE.** Return to the pan, add the milk and cream cheese and heat, on a medium heat until it is just simmering. Serve with crusty bread. **WASH UP. SWITCH OFF THE COOKER.**