

• **Italian Style Zucchini and Parmesan Soup**

<p><b>Ingredients</b></p> <p>1 large green zucchini          2 Tbls olive oil          2 garlic cloves          750mls chicken stock          60mls cream          5 basil leaves chopped          Parsley chopped          50g grated parmesan cheese          Salt and pepper</p>	<p><b>Equipment</b></p> <p>Large saucepan          Large knife          Chopping board          Wooden spoon          Measuring cup          Grater          Stick blender</p>
<p><b>What to do</b></p> <ul style="list-style-type: none"> <li>• Wash and Cut zucchini lengthways in quarters then 1cm slices</li> <li>• Finely chop garlic.</li> <li>• Heat 2 Tbls oil in large saucepan and sauté,(fry) garlic,</li> <li>• Wash basil leaves and finely chop, add salt and zucchini slowly cook for approximately 10 minutes, until zucchini's are lightly browned.</li> <li>• Measure Vegetable stock and add to pot along with pepper and let simmer for 8 minutes, uncovered.</li> <li>• Remove from heat.</li> <li>• When soup has cooled a little, use a stick blender to blend soup.</li> <li>• Wash and finely chop parsley add to the pot along with measured out cream and ½ the parmesan. Cook for 1 minute.</li> <li>• Serve soup with a sprinkle of parmesan and some pepper.</li> </ul>	