

Fran suggests this

Women's Weekly

# ZUCCHINI & PARMESAN SOUP

Serves: 4

Preparation: 15 mins

Cooking: 30 mins

This recipe can be made 8 hours ahead

Suitable to freeze & microwave.

**1/4 cup (60ml) extra virgin olive oil**

**1 clove garlic, crushed**

**1/4 cup chopped fresh basil leaves**

**1 kg small green zucchini, chopped**

**1 teaspoon sea salt**

**3 cups (750ml) salt-reduced chicken stock**

**1/4 cup (60ml) cream**

**1 tablespoon chopped fresh flat-leaf parsley**

**fresh ground black pepper**

**1/2 cup grated parmesan cheese**

- Heat oil in a large saucepan, add garlic, basil, zucchini & salt.
- Cook, stirring, over a low heat for about 10 minutes or until the zucchini is tender.
- Add stock, bring to the boil, then simmer, partially covered for 15 minutes.
- Blend or process mixture till smooth.
- Return soup to pan.
- Add cream, parsley & pepper to taste, stir until hot.
- Stir in the parmesan cheese.

Serve topped with extra cheese, parsley & pepper, if desired.