

# Zucchini and Potato Soup

*A thick, creamy soup made in less than 30 minutes.*

- 2 leeks
- 6 medium zucchini
- 4 medium potatoes
- 1 tbsp olive oil
- 1 tbsp butter
- 2 garlic cloves,
- crushed sea salt
- freshly ground black pepper
- 6 cups water or chicken stock, boiling
- 2 tbsp flat-leaf parsley leaves
- 1/2 cup thickened cream or milk (optional)
- 1/2 tsp grated nutmeg



Wash and trim the leeks, and finely slice.

Slice the zucchini into rings and peel and dice the potatoes.

Reserve a few zucchini slices for a garnish.



Heat olive oil and butter in a pan and cook leeks for 5 minutes until they start to soften.

Add zucchini and potato and toss well until coated with the buttery leeks.

Add garlic, sea salt and pepper and pour on the boiling water or stock.

Bring back to the boil, stirring, then reduce the heat to a healthy

Simmer and cook for 20 minutes *or* until the potatoes are tender.

Blend the soup in a food processor until smooth.

Add the parsley leaves and blend again, then return to the pan.

Add cream or milk (if you like) and nutmeg, and taste for sea salt and pepper.

Float the reserved zucchini on top and serve.

Serves 4.