

## **Quick Courgette Soup**

**Serves: 4**

**Preparation time: 5 mins**

**Cooking time: 20 mins**

### **Ingredients:**

680g/1lb 8oz courgettes

2 medium onions, chopped

2½ pints/420mls low salt vegetable or chicken stock

110g small pasta shapes or substitute with 1 large potato finely chopped

Olive oil

Lemon juice & pinch of dried herbs like oregano or parsley (optional)

### **Method:**

1. Fry chopped onions in olive oil until soft. Add stock and bring to the boil.
2. Grate courgettes and stir in the pasta (or if using potato add potato). Simmer for around 15 minutes until pasta soft.
3. Taste for seasoning, add lemon juice and herbs.

Can be easily blended.