

Difficulty:
Easy



Time:
30 minutes



Courgette soup

Allergens: Dairy

What is it?

a warming soup that is bound to be a family favorite



What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Potato	125g	250g	250g
Vegetable stock	1	1	1
Courgettes	250g	500g	500g
Onion	1/2	1	1
Cheese	30g	60g	60g

**AVERAGE COST
PER PERSON
£0.49**

Kit list:

- Blender
- Saucepan

Make it your own!

You can batch cook this and freeze it! perfect for those days you need something quick and delicious.

Celebrate Family
Food

Charity no.
1125784



What to do:

Step 1: Dice potatoes and place in a saucepan with enough water to just cover them, Crumble in the stock cube and bring to a boil, Boil for 5 minutes then add your courgette and onion to the sauce pan cover and cook till the vegetables are soft.

Step 2: Grate your cheese.

Step 3: When the vegetables are cooked take the pan off the heat and add the cheese.

Step 4: Blend until smooth and adjust seasoning as required
Serve with some more grated cheese on top.



What did you think of this recipe? Colour in the stars to give it a rating!

