

Zucchini Soup

Serves 6

Ingredients:

- 1kg medium zucchini, trimmed
- 25mL (1 fl oz) olive oil
- 2 garlic cloves, peeled and chopped
- Sea salt and freshly ground black pepper
- 500mL (17 fl oz) Chicken stock (or water)
- 1 white potato OR 1 can chickpeas
- 1 small bunch basil, chopped
- 1 small bunch flat-leaf parsley, chopped
- 120g grated Parmesan
- For the Crostini:
 - 6 slices ciabatta bread, cut at an angle
 - 115g (4 oz) black olives, stoned and chopped
 - 1 large fresh red chilli, seeded
 - Extra virgin olive oil



Method:

1. Cut the zucchini lengthwise into quarters, then into 2.5cm pieces.
2. Heat the oil in a heavy saucepan and cook garlic and zucchini slowly for approximately 25 minutes until the zucchini are brown and very soft
3. Add salt, pepper and stock, simmer for a few minutes. Remove from stove.
4. Put three-quarters of the zucchini in a food processor and puree. Return to the pan and add potato (or chickpeas), basil, parsley and Parmesan.
5. To make the crostini; toast the bread on both sides. Mix the olives and chilli with some oil and spread thickly on the crostini. Serve at the side of the plate.

