

# Italian Zucchini and Parmesan Soup

From the garden: parsley, basil, garlic

## Equipment

a heavy based saucepan

small bowls

chopping boards and wet CHUX

knives

wooden spoons to stir

grater

metric cup measures

measuring jugs

scales

food processor

soup ladle

5 serving bowls

## Ingredients

- 1kg zucchini
- 60ml olive oil
- 5 large cloves of garlic
- 750ml of chicken stock
- 100ml cream
- ½ cup of chopped basil leaves
- ½ cup of chopped parsley
- 100g grated parmesan cheese
- Sea salt and pepper to taste

## **Method**

1. PEEL and then finely CHOP garlic. Set aside in a small bowl.
2. WASH and WEIGH zucchini. Dice into 1cm pieces. Set aside in a bowl.
3. WASH and REMOVE stems from the parsley and basil. Discard. CHOP the leaves and place into a small bowl. Set aside.
4. GRATE parmesan cheese and set aside in another small bowl.
5. Heat olive oil in a heavy based saucepan.
6. COOK garlic, basil, salt, pepper and zucchini for approximately 10 minutes OR until the zucchinis are lightly browned.
7. ADD chicken stock and SIMMER for 8 minutes uncovered.
8. REMOVE from heat.
9. Have an adult place  $\frac{3}{4}$  of the soup into the food processor. BLEND.
10. Add blended soup back to the saucepan. COMBINE with cream. CAREFULLY divide between 5 serving bowls using a soup ladle.
11. SPRINKLE with cheese and parsley.
12. SERVE.