Soups / Italy

courgette and potato cream soup · Italy

A smooth soup centred on courgette, finished with a Italy-inspired combination of seasonings.

Time 35 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 700 g courgette
- ☐ 1000 ml low-salt vegetable stock
- ☐ 15 ml extra virgin olive oil
- ☐ 10 g fresh basil
- ☐ 30 ml neutral cooking oil
- ☐ 250 g peeled potatoes
- ☐ 150 ml cooking cream
- ☐ 2 g dried oregano
- ☐ salt and pepper to taste

Let's make it.

01 Finely chop the onion. Cut the cleaned vegetable and potatoes into small, even pieces.

02 Soften the onion in the oil. Add the vegetable, potatoes and stock and bring to a boil.

03 Simmer for about twenty minutes until the potatoes and vegetable are completely tender.

04 Blend carefully with a stick blender. Stir in the cream or coconut milk and gently reheat.

05 Stir in the extra virgin olive oil, dried oregano, fresh basil and taste before serving.

AI-developed, not kitchen-tested.

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