

VEGETARIAN

COURGETTE AND GINGER SOUP



Ingredients (For 4 people)

- 600 g courgettes
- 1 onion
- 3 shallots
- 5 cm ginger root
- 2 tbsp milk
- 2 tbsp olive oil
- 1 tbsp coarse salt
- 1 tsp caster sugar
- 670 ml vegetable stock
- Salt and pepper

Preparation:

Wash the courgettes and cut them into small sticks.

Peel and chop the onion, shallots and ginger.

Heat the oil in a large cooking pot and sauté the onion, shallots and ginger for approximately 5 minutes.

Add the courgettes and sugar and allow to dissolve for a few minutes.

Bring the stock to a boil and pour it into the pot.

Blend with a hand blender.

Leave to cool and add the milk.

Chill to reserve.

