



# Roast courgette and basil soup



## What you need

Serves 4-6

- 500g courgettes
- 3 tbsps olive oil
- 1 medium leek, finely chopped
- 75g parsnip, thinly sliced
- 1 stalk lemon grass
- 900ml light vegetable stock
- 2 bay leaves
- 3 tbsps fresh basil leaves, roughly torn
- 6 tbsps coconut cream

## Directions

- Preheat oven to Gas Mark 6/200C/400F.
- Cut 50g of the courgettes into ribbons using a potato peeler, set aside for garnish.
- Cut the remaining 450g of courgettes into diagonal slices approx 1cm thick and place on a baking tray. Brush with 2tbsps oil and roast for 15-20 minutes, turning once, until golden. Drain on kitchen towel.
- Sautee the leek, garlic and parsnip in the remaining oil for 10 minutes until soft. Slice the lemon grass in half, crush with the back of a knife and add to the vegetables.
- Pour over the stock, add the bay leaves and simmer for 15 minutes.
- Add the courgettes and basil and cook for a further 5 minutes.
- Blanche the courgette ribbons in boiling water for 1-2 minutes.
- Remove the bay leaves and lemon grass and blend the soup to a thick consistency.
- Serve the soup with a garnish of courgette ribbons and drizzle each bowl with a tablespoon of coconut cream.



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