JERNEJ KITCHEN

CREAMY ZUCCHINI SOUP WITH LEMON

Quick, easy, delicious and with a nice sautéed surprise.

SERVES	4	PEOPLE
PREPARATION:	30	MINUTES

CREAMY ZUCCHINI SOUP WITH LEMON

3 tbsp olive oil

1 onion, peeled and diced

5 cloves of garlic, peeled and sliced thinly

3 zucchini (we used 2 green and 1 yellow zucchini)

1 bunch of fresh parsley

700 ml water

1 pinch of ground nutmeg

4 thin lemon slices (bio)

OPTIONAL GARNISHES

2 mini zucchini

10 baby swiss chard leaves

4 nasturtiums, leaves of flowers

1 fresh chili

2 tbsp sour cream

TOOLS AND EQUIPEMENT

pot
wooden spoon
kitchen knife
immersion blender
sauté pan

ONION AND GARLIC

Set a pot with olive oil over high heat. Add the diced onion and thinly sliced cloves of garlic. Cook for about 5 minutes over medium - high heat, stirring occasionally.

ADD THE ZUCCHINI

Chop the zucchini (skin on), then add it to the onion and garlic. Cook for about 5 minutes more, stirring occasionally. Chop the fresh parsley and add it to the vegetables, cook for another minute, then add 450 ml of water. Cook for another 5 - 8 minutes.

BLEND

Remove the pot from the heat and blend using an immersion blender. Add another 250 ml of water. Season to taste with salt, pepper and ground nutmeg. Simmer gently for 2 minutes. By not adding all the water at once in step 2, you get a smoother texture.

TIP

Instead of an immersion blender you can also use a regular blender.

LEMON SLICES

Set a small sauté pan over high heat, add a teaspoon of oil and lemon slices. Sauté for about 2 minutes.

TIP

If you will garnish your creamy zucchini soup with baby zucchini and swiss chard as well, then add the halved zucchini and cleaned swiss chard to the pan and sauté for 2 minutes.

SERVE

Serve the creamy zucchini soup with lemon in a bowl. Garnish with sautéed lemon. You can also add fresh nasturtiums, chopped chili, sour cream, sautéed baby zucchini and / or

sautéed swiss chard. Enjoy.