

BALANCE

CHILLED ZUCCHINI COURGETTE SOUP WITH A ROCKET AND MINT PESTO

Ingredients (For 4 people)

- 2 courgettes
- 100 g rocket salad
- 1 onion
- 2 cloves of garlic
- 8 mint leaves
- 60 cl vegetable stock
- 2 tbsp olive oil
- Salt, pepper

Preparation:

Wash the courgettes and cut them coarsely. Wash and drain the mint and the rocket leaves with a paper towel. Blend the mint and rocket leaves in a blender with 1 tbsp olive oil to obtain a smooth paste and season.

Peel and chop the onion. Sauté the onion in 1 tbsp olive oil and add the courgettes. Add the stock, bring to a boil, and cook over medium heat for 10 minutes.

Remove from the heat, blend the mixture with an immersion blender, and add half of the pesto. Set aside and chill in the refrigerator for two hours before serving. Before serving, garnish the soup with the second half of the pesto.

For a full meal, serve with potatoes, cereals or pulses and a protein source. This dish goes well with toasted whole grain bread garnished with scrambled eggs and tomatoes, for instance.

