

HEALTHY COOKING

ZUCCHINI PESTO SOUP



SERVES 2

INGREDIENTS

Pesto:

- ▶ ½ cup fresh basil
- ▶ 20g finely grated parmesan cheese
- ▶ 1 Tbs pine nuts, toasted
- ▶ 1 Tbs extra virgin olive oil

Soup:

- ▶ 2 tsp olive oil
- ▶ ½ onion, finely chopped
- ▶ 1 clove garlic, crushed
- ▶ 3 zucchinis (360g), thinly sliced
- ▶ 1 ½ cups (375ml) vegetable or chicken stock
- ▶ ¼ cup (60ml) reduced fat cream

Pesto: Blend the basil, parmesan and pine nuts until finely chopped, then gradually add in the olive oil and process until smooth.

Soup: Heat oil in a large saucepan, add the onion and garlic and cook until onion is soft. In a separate saucepan bring the stock to a boil. Add the zucchini and hot stock to the onion mixture and bring to the boil. Reduce heat, cover and simmer for about 10 minutes, or until the zucchini is very soft. Using a blender, process the zucchini mixture until smooth, stir in the cream and 2 Tbs of the pesto and reheat. Divide into 2 bowls, top with the remaining pesto and season with Lite Seasoner and pepper to taste!

Each serving:

Protein: 4.3g | Carbohydrate: 7.5g | Oil: 12.5ml

Tip: Make extra for lunch the next day - or to freeze for a quick, healthy “frozen dinner” when you’re tight on time.