

## Spicy Zucchini Soup



**PREP TIME: 15 minutes**

**COOK TIME: 40 minutes**

**SERVES: 4**

**CALORIES PER SERVING: 333**

### INGREDIENTS

- ☐ 60 ml extra virgin olive oil
- ☐ 1 onion
- ☐ 1/2 jalapeño chile (or more to taste, depending on how spicy you would like the soup to be)
- ☐ 3 cloves garlic
- ☐ 900 grams zucchini
- ☐ 350g day-old bread
- ☐ 710ml chicken stock (use vegetable stock for a vegan option)
- ☐ 240ml water
- ☐ 120g fresh mint leaves
- ☐ 120g fresh coriander
- ☐ 1 lemon
- ☐ Salt & Pepper, to taste

### INSTRUCTIONS

- 1:** Finely chop onion. Chop, deseed and destem (and discard), jalapeños, chop or crush garlic, chop zucchini, chop bread, loosely chop mint leaves, chop coriander, juice half the lemon and cut other half into 4 wedges.
- 2:** Heat the olive oil in a large pot over medium-high heat. Add the onion and the chopped jalapeño, and sauté for 4 to 5 minutes until the onions are translucent, but not browned.
- 3:** Add the garlic and zucchini to the pan and sauté for another 3 to 4 minutes, stirring often. Sprinkle with salt.
- 4:** Add the bread, stock, and water, and bring to a simmer. Reduce the heat to low and simmer gently for 20 minutes.
- 5:** Remove the soup from the heat. Add the mint and coriander. Purée in a blender or food processor until smooth, working in batches if necessary. (You can also use an immersion blender.)
- 6:** Return the soup to the pot. Add the lemon juice, along with salt and pepper to taste.
- 7:** Garnish with lemon wedges and sprigs of mint or coriander. Serve hot or chilled. Keeps for up to a week in the fridge.

NOTE: Allergies are not considered as part of these recipes, please consider the ingredients with your personal allergy requirements in mind.