

## Recipe :

# Courgette and Lettuce Soup

*Serves 4 – 6*

This is a delicious, refreshing summer soup, and it's quick and easy to make.



## Ingredients

4 medium-sized onions - peeled and roughly chopped  
2 or 3 cloves of garlic - peeled and chopped  
1 large potato – peeled and sliced (choose a floury variety)  
100g butter (approx.)  
Salt and pepper.

1 large head of lettuce - washed and roughly chopped.  
*(Butterhead lettuce is best - with soft green leaves)*  
3 medium-sized courgettes - sliced  
1 litre water (approx.)  
85 ml double cream (30% mat. gr.) - optional

## Method

1. Melt the butter in a saucepan and add the onions, garlic, potatoes. Season with salt and pepper, and sauté gently for about ten minutes, stirring occasionally to stop the potato from sticking to the bottom of the saucepan.
2. Add the lettuce and courgettes and continue cooking for a few minutes over a gently heat.
3. Add the water, bring slowly to the boil and simmer gently for about five minutes, until the vegetables are just tender.
4. Allow the soup to cool slightly, then purée it using a liquidiser.
5. Reheat the soup, being careful not to let it boil, adding the cream at his point. Correct the seasoning (salt and pepper).
6. This soup can be served hot, at room temperature or even straight from the fridge.

## Cook's Tips

- If you wish, you can use olive oil in this recipe instead of butter.
- As a variation, you can add some chopped spinach leaves with the lettuce, some radish leaves, or even beetroot leaves, preferably organically grown.