

# Courgette Soup



## Ingredients (serves 2):

### Soup

- 2 courgettes
- 1 tablespoon olive oil
- 100g frozen peas
- 1 garlic clove
- 100ml dairy-free milk
- Coconut milk (optional)
- 1 Leek
- Splash of lemon juice
- 200ml Stock

### Croutons

- 2 slices wholemeal bread, cubed
- Olive Oil, Nutritional Yeast, Salt and Pepper

### Make:

1. Preheat oven to 180°
2. Slice courgettes and leek and place on a baking tray along with the garlic cloves.
3. Drizzle with olive oil, salt and pepper..
4. Bake in oven for about 30 mins until golden brown
5. Make up the stock in a jug and tip the peas into the jug – set aside to thaw.
6. Tip the roasted vegetables, stock with peas, dairy free milk and coconut milk into a blender and mix until smooth, then heat in a pan.
7. In parallel to making the soup, cut the bread into cubes for the croutons.
8. Mix the olive oil, nutritional yeast, salt and pepper in a bowl, add the bread and mix to coat the bread well.
9. Bake the croutons until browned at edges and crisp.

