

COURGETTE SOUP WITH RICE AND TOMATO (from Zea)

INGREDIENTS

- 1 tablespoon olive oil
- 1 large onion, chopped
- 4/5 courgettes – cut into small chunks
- Vegetable stock
- 1 cup white rice
- 1 can chopped tomatoes
- Salt and pepper as required
- Handful of basil leaves
- Parmesan cheese

METHOD

Cook the onion in the oil until soft. Add courgette chunks and stir for 2 to 3 minutes. Stir in the stock and rice, then cook over a medium-high heat for about 10 minutes, or until the courgettes are just tender and the rice is cooked. Add the chopped tomatoes and basil. Simmer for a few minutes. Season to taste with salt and pepper. Serve with grated parmesan cheese and buttered bread.

