

Courgette soup with almond, from Anna

## INGREDIENTS

1 very large onion, chopped finely

3-4 medium-sized courgettes, chopped into cubes (you don't need to peel them)

2 tablespoons ground almonds

1 tablespoon each of olive oil and butter

## METHOD

Heat the olive oil and butter in a saucepan. Fry the onion gently till softened but not brown. Add the courgettes and cook till courgette gets softish. Now stir in the ground almonds and cook gently for a few minutes. Now pour in some water, enough to cover the vegetables. Bring to the boil and simmer for about 20 minutes till all veg is totally soft. Liquidise till completely smooth. Add stock powder and seasoning to taste, and more water if it's a bit too thick for your liking.