



Couscous and Zucchini Soup

For all those who love veggies, this green soup is definitely a discovery. Even though the main ingredient is zucchini, other veggies are also included, such as leek, carrot and celery and it is served with couscous.

Ingredients

Number of persons: 4

- 30 g butter
- 150 g leek (white part only), cut to rings
- 120 g carrot, cut to rings
- 1 tablespoon [Vegeta Chicken Stock Powder](#)
- 600 g zucchini, cubed
- celery leaf
- 600 ml water
- 1-2 teaspoons corn flour
- 1 teaspoon lemon juice
- 1 teaspoon olive oil



Preparation time: 35 min

Energetic value: 149 kcal / 623 kJ

Demanding:

Side Dish:

- 65 g couscous
- 200 ml water

Preparation

1. In melted butter cook the leek and carrot.
2. Sprinkle the vegetables with 1 teaspoon of Vegeta Chicken Stock Powder and braise for another 10 minutes.
3. Add the zucchini, celery leaf and the remaining Vegeta Chicken Stock Powder.
4. Continue to braise the vegetables, continually adding small amounts of water, until they soften.
5. While the vegetables are still warm, chop finely in the food processor. Then return the vegetables into the pan, cover with about 600 ml of hot water and bring to boil.
6. Mix corn flour with about 50 ml of water and using a whisk blend into the soup. Continue stirring on mild heat for about 30 seconds.
7. Just prior to completing the recipe add in the lemon juice and olive oil.

Serving

Serve the soup with cooked couscous.

Tip

Preparing couscous; cover 65 g of couscous with 200 ml of boiling hot, salted water. Cover and let stand for about 10 minutes. Add in a pinch of chopped parsley, tablespoon grated parmesan, mix through and





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serve with soup.

My notes

