



Pesto and Courgette Soup

with goat's cheese and crispy croutons

Veggie Calorie Smart 35-40 mins • Eat me first

10



Brioche Buns



Courgette



Potatoes



Vegetable Stock



Green Pesto



Goat's Cheese



Onions



Sesame Seeds

Pantry Items: Oil, Salt, Pepper, Water

Before you start

Our fruit, veg and herbs need a wash before you use them!
We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Baking sheet with baking paper, lid, medium pot, peeler

Ingredients

	2P	4P
Brioche Buns	2 units	4 units
Courgette	1 unit	2 units
Potatoes	1 unit	2 units
Vegetable Stock	1 sachet	2 sachets
Green Pesto	1 sachet	2 sachets
Goat's Cheese	100 g	200 g
Onions	1 unit	2 units
Sesame Seeds	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	409.5 g	100 g
Energy (kJ/kcal)	2620.7 kJ/ 626.4 kcal	640 kJ/ 153 kcal
Fat (g)	33.6 g	8.2 g
Sat. Fat (g)	13 g	3.2 g
Carbohydrate (g)	60.8 g	14.8 g
Sugars (g)	12.3 g	3 g
Protein (g)	21 g	5.1 g
Salt (g)	2.5 g	0.6 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

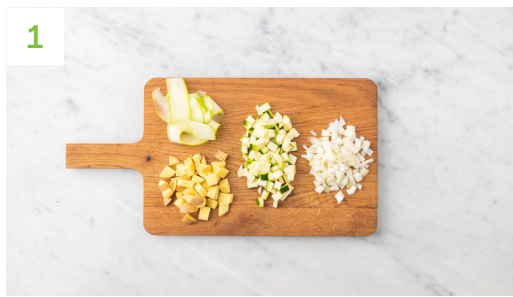
Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

Thumbs up or thumbs down?
Head online or use the app to rate this recipe.

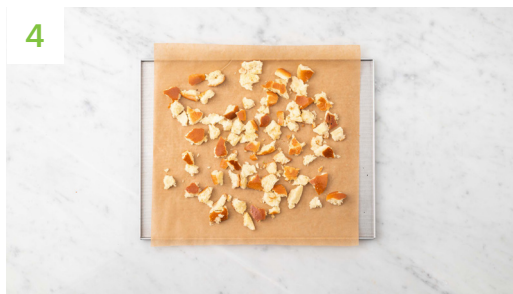


You can recycle me!



Get Prepped

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Boil 600ml **water** (double for 4p) in a pot (or your kettle).
- Halve, peel and chop the **onion** into small pieces.
- Chop the **potato** into small cubes (peeling optional).
- Run a peeler lengthways along the **courgette** to create thin ribbons (3 per person). Cut the remaining **courgette** into cubes.



Make the Croutons

- Roughly tear the **brioche buns** into 2cm chunks.
- Pop onto a lined baking tray then toss in a drizzle of **oil** and season with a pinch of **salt** and **pepper**.
- Warm in the oven until golden brown, 8-10 mins.



Toast the Seeds

- Place a pan over medium heat (without oil).
- Once hot, add the **sesame seeds** and dry-fry, stirring regularly, until lightly toasted, 2-3 mins. Remove from pan and keep aside.
- Place a medium pot over medium heat with a drizzle of **oil**.
- Add the **onion** and fry until softened, 2 mins.
- Add the **courgette** cubes and cook, stirring, for 3 mins.

TIP: Watch the sesame seeds like a hawk as they can burn easily.



Finish the Soup

- Remove the soup from the heat and blend until smooth.
- Add a little extra **water** if the soup is too thick.
- Stir in **pesto** and season to taste with **salt** and **pepper**.



Cook the Courgette Ribbons

- Turn the heat to high and add the chopped **potatoes**, boiled **water** and **vegetable stock** to the pot and bring to a boil.
- Cover and cook for 10 mins over medium-low heat.
- Meanwhile, return your now empty pan to medium heat with a drizzle of **oil**.
- Fry the **courgette** ribbons for 5 mins. Turn halfway through.



Garnish and Serve

- Divide the soup between your bowls.
- Top with the **brioche** croutons and crumble over the **goat's cheese**.
- Garnish with the **courgette** ribbons and **sesame seeds**.

Enjoy!