

Courgette, Potato & Cheddar Soup



Serves 8

Prep 15 mins

Cooking 15 mins

Easy



Ingredients

500g potato, unpeeled and roughly chopped

2 vegetable stock cubes

1kg courgettes, roughly chopped

bunch spring onion, sliced - save 1 for serving, if eating straight away

100g extra-mature cheddar or vegetarian alternative, grated

to serve good grating fresh nutmeg, plus extra to serve

1. Put the potatoes in a large pan with just enough water to cover them and crumble in the stock cubes. Bring to the boil, then cover and cook for 5 mins. Add the courgettes, put the lid back on and cook for 5 mins more. Throw in the spring onions, cover and cook for a final 5 mins
2. Take off the heat, then stir in the cheese and season with the nutmeg, salt and pepper. Whizz to a thick soup, adding more hot water until you get the consistency you like. Serve scattered with extra grated cheddar, spring onions and nutmeg or pepper. Or cool and freeze in freezer bags or containers with good lids for up to 3 months.
3. **Note:** this healthy low-calorie soup is a delicious way to use up courgettes when they're in season. Plus, it's freezable, so you can make it in summer and enjoy all year round.