

Leek, fennel & zucchini soup with pistou



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Preparation 25 mins | Cooking 45 mins | Serves 4-6

The French-style pistou adds a delicious flavour to this soup. For ease, you can replace the pistou with a drizzle of store-bought basil pesto.

- 2 tbs olive oil
- 2 leeks (white part only), halved lengthways, washed and thinly sliced
- 1 medium (about 550g) bulb fennel, trimmed, slice stems and leaves and dice the bulb
- 1 stick celery (including leaves), finely sliced
- 3 garlic cloves, finely chopped
- 250g zucchini, halved lengthways and sliced
- 200g Desiree potato, peeled and diced
- 6 cups chicken or vegetable stock
- Basil leaves and toasted wholegrain bread, to serve

Pistou:

- 4 garlic cloves, peeled
- ½ cup basil leaves
- ½ tsp sea salt flakes
- ¼ cup extra virgin olive oil
- ⅔ cup finely grated parmesan

STEP 1 Heat oil in a large saucepan over medium heat. Add leeks and fennel and cook, stirring often, for 5 minutes or until softened. Add celery, garlic, zucchini and potato. Cook, stirring occasionally, for 5 minutes. Stir in stock, cover and bring to the boil over medium heat. Reduce heat, partially cover and gently simmer, stirring occasionally, for 30 minutes or until vegetables are tender.

STEP 2 Meanwhile, to make the pistou, place garlic, basil and sea salt flakes into a mortar & pestle and pound until pureed. Add oil and parmesan. Stir until well combined.

STEP 3 Ladle soup into serving bowls. Drizzle with the pistou. Scatter with a few extra basil leaves. Serve with toasted wholegrain bread.