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by Liz Robb

Courgette and Leek Soup with Orzo



Ingredients

1 tablespoon of olive oil
A large knob of butter
1 small onion
2 large leeks
1 stick of celery
3 courgettes
120g orzo
1250ml of chicken stock
A large handful of fresh parsley
Salt and freshly milled black pepper
1 small lemon

Preparation

1. Peel the onion and chop it very finely. Wash the courgettes, slice them into quarters lengthways then chop them into small pieces. Wash the leeks thoroughly, remove the outer layer then slice them thinly
2. use the green part as well as the white. Wash and slice the celery very thinly.
3. Heat the oil in a large saucepan over a very low heat and add the butter, cut into small pieces, to melt. Sauté the onion gently, stirring occasionally, for about 5 minutes until softened but not browned, then add the sliced leek and celery and cook very gently to soften for a further 10 minutes. Keep stirring to prevent the onions and leeks from browning.
4. Stir in the chopped courgette and cook for just a minute, then pour in the hot stock and the pasta, stir, bring to the boil then simmer gently for 12-15 minutes, until the orzo is cooked.
5. Meanwhile, wash and chop the parsley finely. When the pasta is cooked, season with salt and pepper and add most of the parsley, reserving enough to use as a garnish. Squeeze the juice from the lemon out into a small bowl then add a little at a time to the soup, tasting to check the flavour
6. I found that just half the juice of a small lemon was enough for me.

- 7 Serve immediately, garnished with a good sprinkling of chopped parsley and accompanied by fresh bread.

Cooks Note

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