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FOOD
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Recipes for Rosyth

Courgette & Stilton Soup

Perfect for that summer glut of courgettes.
The cheese makes this soup beautiful and
creamy

Serves 4

250g potatoes (skin on), roughly
chopped
1 vegetable stock cube
500g courgettes, roughly chopped
4 spring onions, sliced
60g blue cheese such as stilton,
crumbled
15g fresh flat leaf parsley, finely
chopped
Salt & pepper to taste



Put the potatoes in a large saucepan and add just enough water to cover. Place on a medium heat and sprinkle over the stock cube. Bring to the boil, cover and cook for 5 minutes.
Add the courgette and a little more water if needed and cook for a further 5 minutes.
Add the spring onions and cook for a final 5 minutes.
Remove from the heat, add the parsley and blue cheese and blend with a hand blender until smooth. Add more boiling water if too thick.
Add salt and pepper to taste and serve with crusty bread.