



CURRIED COURGETTE SOUP WITH NAAN

Hands on: 35 mins – Serves 4

1 onion
20g butter
1 garlic clove
3 courgettes
1 ½ tbsp. yellow curry powder
200ml white wine
700ml chicken stock
100g soured cream + extra for serving
100g smoked bacon lardons

For the garlic naan:

2 plain naan breads
20g butter
1 garlic clove
parsley, chopped
salt and pepper

Preheat the oven to 180°C fan.

Peel and finely chop the onion.

Melt the butter in a saucepan and fry the onion with a pinch of salt for 4 minutes until soft.

Meanwhile, peel and crush the garlic clove. Trim the courgettes and finely grate with a food processor fitted with a fine grating attachment.

After 4 minutes, add the garlic and fry for another minute.

Add the grated courgettes and fry them for two more minutes, then add the curry powder and fry for another minute.

Add the white wine and bring to the boil.

Add the chicken stock and bring to the boil. Cover the saucepan and cook the soup on a high heat for 5 minutes.

Meanwhile, fry the bacon lardons in a frying pan until crispy, drain on kitchen paper.

Put the naan on a baking tray and heat through in the preheated oven for 5 minutes.

After 5 minutes or once the courgette has softened, take the saucepan off the hob, add the soured cream and purée with a stick blender. Adjust the seasoning with salt and pepper.

Melt the remaining 20g of butter in the frying pan used for the bacon lardons. Peel and crush the garlic clove and fry the garlic in the butter for a minute. Brush the garlic butter over the baked naan and sprinkle with parsley.

Distribute the soup between four bowls, top each with a spoonful of bacon lardons and a dollop of soured cream. Serve with garlic naan on the side.

TIP: Instead of baking the naan in the oven you can toast it.

