Two-colour cauliflower and zucchini soup

Categoria	*Tempo de preparação*	*Dificuldade*	*Custo*	*Com quem?*	*Nº de pessoas*
Receitas de Páscoa	Rápido	Fácil	Low	With family	4 pessoas

Ingredientes

- 50ml of Victor Guedes Extra Virgin Olive Oil Reserva
- 200g of onion
- 50g of garlic
- 300g of cauliflower
- 300g of zucchini
- Salt and pepper, to taste

1. Start by cutting all vegetables in small pieces.
2. In a low heat pan, add the olive oil, the garlic, the onion and the cauliflower.
3. Put the lid on and let stew for approximately 15 minutes.
4. Then, add water, season with salt and let cook well, under the vegetables are soft.
5. After cooked, crush the vegetables and put aside a bit of the white soup.
6. Add the zucchini to the rest of the soup and let cook for 5 minutes more.
7. After cooked, crush the vegetables again and rectify the seasons.
8. Serve, putting the green soup in a deep plate and then the white soup.

9 Finish with a dash of Victor Guedes Extra Virgin Olive Oil Reserve and freshly grounded pepper.

Dicas do Chef

If you want, decorate the soup with small pieces of zucchini and cauliflower. Use the white soup to draw different shapes on the plate.

Produtos utilizados

Reserva

Azeite Virgem Extra

Mais receitas em

www.galloportugal.com

© 2024 Todos os direitos reservados à Gallo Worldwide