Zucchini,Kale & Silverbeet Soup



1kg frozen zucchini

60 ml Extra Virgin Olive Oil

2 Garlic Cloves chopped

1.5 cup spaghetti squash

1.5 cup silverbeet (leaves and stems) roughly chopped

1.5 cup kale leaves (stems removed) roughly chopped

1 litre chicken or vegetable stock

120 ml cream

Handful Italian Basil leaves chopped

Handful parsley chopped

100 g parmesan cheese grated

Sea Salt & freshly ground black pepper

Method

* Peel and chop garlic
* Prepare kale and silverbeet, then fry in deep pan with a little of the olive oil. Add spaghetti squash to silverbeet and kale and heat through.
* Wash parsley and basil, remove stems and chop separately. Keep parsley to one side for finishing the soup.
* Heat the remaining olive oil in a heavy-based pot.
* Cook the garlic, basil, salt and zucchini for approximately 10 minutes, until the zucchinis are lightly browned and very soft.
* Grate parmesan cheese
* Add some pepper and vegetable/chicken stock.
* Add kale, silverbeet and spaghetti squash, return to boil then simmer for 10 minutes, uncovered.
* Remove from the heat.
* Puree the soup with stick blender and process until smooth.
* Return to the stove, reheat then stir in the cream, parsley and Parmesan.
* Serve.