

## COURGETTE CREAM

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### Ingredients:

- 1 kg of courgettes
- 3 spoonfuls of oil
- 1 onion
- 4 cheese portions
- 1 mug of milk
- 500 ml chicken broth
- garlic



### Preparation:

Put the oil with the chopped onion and garlic in a saucepan

Add the peeled and thinly sliced courgettes

Sauté on low fire for 15 minutes

Add the water & allow to boil for 20 minutes

Add the milk & the cheese, leave to boil again and pass it through the blender until it is creamy

Serve with fried bread

Can be taken hot or cold