

Zucchini or Turai soup with Corn and Spinach

(Recipe by Radha Sukhani)

Ingredients: Serves 4

- One medium onion chopped
- Two cloves garlic chopped
- One pound. zucchini or turai (3 medium) peeled and chopped
- Three cups vegetable broth (or water)
- Ten to twelve cashews or some number blanched almonds or fistful of soaked peanuts
- Half cup corn kernels
- Half cup baby spinach chopped
- Himalayan pink salt to taste
- Half teaspoon cumin seeds
- Black pepper to taste (can use Thai green chili)

Garnish

- Dry toasted Corn (See below)
- Black peppercorn powder
- Few sprigs of fresh coriander

Directions

- 1.. Put three cups vegetable broth or water into large pot and bring to boil.
2. Add onions, garlic, zucchini, cumin seeds, green chilis, and cashews/ almonds or peanuts into the pot.
3. Cook the mixture for 20-25 minutes until zucchini softens.
4. While the vegetables are boiling, cook the roast the corn kernels in dry skillet until golden brown. Set these aside.
5. Cool the cooked mixture of zucchini, and blend until smooth and creamy.
6. Return blended soup into pot and bring to boil. Add the spinach to soup and cook for 5 minutes until spinach gets wilted.
7. Add the salt before pouring the hot soup in serving bowls. Add the toasted corn, fresh coriander. Sprinkle desired amount of peppercorn.
 1. Add toasted corn and season with pepper before serving.

