









The
Nearly Naked
veg company
Our farm, your table, no fuss






Courgette with lemon topping cake

Cake Ingredients

-  290g grated courgette
-  2 large eggs
-  125 mild olive or other mild tasting oil
-  150g caster sugar
-  225g SR flour
-  1/2 (half) tsp of BP and 1/2 tsp Bicarbonate of Soda

Topping Ingredients

-  200g cream cheese
-  100g icing sugar
-  Juice and zest of one unwaxed lemon (or lime or orange!)

Scrub or peel the carrots and chop into small pieces.

Remove the broad beans from their pods.

Slice the leek and wash thoroughly, to remove any grit. If using spring onions, chop off the roots and slice the whole spring onions roughly.

Wash and chop the celery, if using.

Heat the oil in a large pan. Add the potato, onion and garlic and saut¹/₂ (covered) for 10 minutes.

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'Mothers' Summer Vegetable Soup

Add the carrots, leek / spring onions and celery (if using) and sauté for 5 minutes.

Add the broad beans and the vegetable stock. Cover and simmer gently for 10 minutes, until the potatoes and broad beans are soft.

Add the parsley and salt / pepper (to taste).

Depending on which style you prefer – blend with a hand blender for a few seconds or (the way we prefer as we can see our vegetables) serve straight away with crusty bread.

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