

# Chilled Zucchini Soup With Lemon and Basil

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<b>Total Time</b>	15 minutes, plus optional chilling
<b>Prep Time</b>	10 minutes
<b>Cook Time</b>	5 minutes
<b>Rating</b>	★★★★☆ (1,006)

During the warmest days, there is no more welcome promise than a no-cook meal. A blender or food processor makes quick work of this peak summer zucchini soup, which requires no cooking and is best served chilled. Cashews thicken the soup while adding a creamy silkiness and a gentle sweetness. Since taste buds don't register the flavors of cold foods as well as warm ones, chilled soups require generous seasonings. Here, the mellow raw zucchini is bolstered by the hefty use of garlic, miso, lemon juice and basil. The soup can be prepared ahead and chilled in the fridge for up to 24 hours or it can be served right away, chilled with ice cubes.

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## INGREDIENTS

**Yield:** 4 servings

2 pounds zucchini, trimmed and roughly chopped

2 cups basil leaves (about 2 ounces), plus more to serve

1 cup roasted cashews (5 ounces), plus ¼ cup chopped roasted cashews to serve

6 tablespoons lemon juice (from 2 lemons), plus more if needed

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## PREPARATION

### Step 1

Place the zucchini, basil, cashews, lemon juice, garlic, miso, vegetable stock and 2 teaspoons salt in a blender or food processor and blitz until smooth and silky. Taste and check seasonings, adding more salt or lemon juice as needed.

### Step 2

Chill in the refrigerator for at least 2 hours or serve immediately, transferring the soup to a bowl and adding a few ice cubes if needed. Top with chopped cashews, a drizzle of olive oil, black pepper and a few basil leaves.

3 garlic cloves, roughly chopped  
2 tablespoons white (shiro) miso  
2 cups vegetable stock  
Kosher salt and black pepper  
Ice cubes (optional)  
Extra-virgin olive oil, to serve

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