



NETTLE SOUP

Here is a basic nettle soup recipe – don't worry it doesn't sting when you cook them!



SERVES:

4

PREP TIME:

10 MINUTES

COOKING TIME:

10-15 MINUTES

INGREDIENTS:

- *1 medium potato (200g/7oz)*
- *1 onion (125g/4 ½ oz)*
- *1 litre/1 ¾ pt vegetable or chicken stock*
- *Salt & Pepper, to taste*
- *A shopping bag of Nettles*

METHOD:

1. Place the nettles in a bowl of cold water to remove any dirt or unwanted creepy crawlies!
2. Peel the potato and onion, and chop into small pieces.
3. Put the stock into a large saucepan, add the vegetables & nettles and bring to the boil.
4. Reduce the heat and simmer for 15 minutes until the vegetables are soft. Season to taste.
5. Blend the soup until it is smooth or mash it with a potato masher

Tip

Use gloves when collecting nettles!

Use up

Potatoes, carrots, leeks.

Variations

Try adding some spinach or a squeeze of lemon juice for a slightly different taste

Vegetarian and vegan options

This dish is vegan as long as the stock used is free from all animal products.

Allergy advice

Contains pepper.

