



Nettle Soup (April to June)

INGREDIENTS - serves 4-6

50g / 1/4 cup butter
1 onion chopped
1 large potato chopped
750ml vegetable stock
450g / 2 cups Young, well washed nettle leaf tops (only use the young tips)
1tsp lemon juice
100ml double cream (optional)
Grated nutmeg
Chives for garnish

METHOD

- Melt the butter in a large pan, add the chopped onions and potatoes, cook until soft
- Add the stock and simmer until the potatoes are soft
- Add chopped nettles, blend to a purée using a hand blender
- Add the cream and nutmeg, the lemon juice and season to taste
- Sprinkle chopped chives on top

Add a handful of wild garlic with the nettles for a delicious variation!