



Brookfield House, Lansdown, Stroud. GL5 1TB

April 2020

### Nettle Soup

Serves 4-6

#### **Ingredients**

1 onion, chopped  
2 celery sticks, peeled and chopped  
2 medium potatoes diced  
400g young nettle heads  
4 tbsp olive oil  
1.2L pints good quality vegetable stock  
Nutmeg, generous pinch  
2 tbsp soy sauce or tamari  
50ml cream, oat cream or milk  
Salt and pepper to taste

#### **Method**

- Wash the nettles, use gloves being careful when you handle them. Discard any thick stalks and anything else you don't like the look of.
- Sweat the onion and celery in the olive oil until soft and then add the diced potatoes and fry for a further few minutes.
- Add the stock and bring to the boil. Cook for 10 minutes or until the potato is soft. Add the nettles, simmer for a few minutes until all the leaves have wilted. Blend the soup and add the nutmeg and soy sauce. Finally add 50ml of cream or milk and season to taste. Enjoy!

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