Nettle Soup

<https://www.bbcgoodfood.com/recipes/nettle-soup>

Ingredients:

## 1tbsp olive oil plus extra for drizzling

## 1onion chopped

## 1 carrot diced

## 1 leek. Washed and finely sliced

## 1 large floury potato thinly sliced

## 1litre veg stock

## 400g stinging nettles, washed

## 50g butter diced

## 50ml double cream

## Method:

1. Heat the oil in a large saucepan over a medium heat. Add the onion, carrot, leek and potato, and cook for 10 mins until the vegetables start to soften. Add the stock and cook for a further 10-15 mins until the potato is soft.
2. Add the nettle leaves, simmer for 1 min to wilt, then blend the soup. Season to taste, then stir in the butter and cream. Serve the soup drizzled with extra oil and scattered with dead nettle flowers, if you have them.