

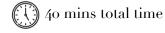
MADE SIMPLE

Nettle Soup

Soupe d'orties

№ 6 people

15 mins prep time



()—() Easy

INGREDIENTS

- big salad bowl of fresh nettle leaves
- 2-3 large carrots diced
- 1 large onion diced
- 2-3 large potatoes diced
- 2 garlic cloves diced
- 1.5 2 liters of chicken stock (or water if you do not have any stock)

- salt and pepper
- ¼ tsp cumin
- 2 pinches of nutmeg
- 1 tsp thyme
- ½ tsp rosemary
- ½ tsp curry
- optional: cayenne pepper
- optional: cream

This recipe is not precise and gives you the opportunity to be creative! If you like thick soups add 3 potatoes, and if you like thinner soups add 2 liters of chicken stock.

Change up the spices to fit your tastes!



DIRECTIONS

- 1. Sauté the onions and garlic in oil for 5 minutes in a large pot.
- Add the carrots, potatoes and spices and sauté for another 3-5 minutes.
 (Optional cream will be added later.)
- 3. Place the nettle leaves on top but do not mix! The previous ingredients cook longer than the nettles and have a longer cooking time than the nettles.
- 4. Add the chicken stock on top of the nettles.
- Cook in an Instant Pot for 10 minutes, or on the stove top for about 20 minutes until the carrots are cooked.
- 6. Add the optional cream.
- 7. **Blend all ingredients together** with an immersion blender or transfer the contents in a blender for mixing. Mix until smooth.
- 8. Serve warm and top with cream or olive oil and your favorite spices.



Bon Appetit!
Imilie Anne