



French Cuisine

MADE SIMPLE

Nettle Soup

Soupe d'orties

 6 people

 15 mins prep time

 40 mins total 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
- ¼ 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.
2. **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.
5. **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!
Emilie Anne 

