### Garden glut soup



Serves 8



Equipment Chopping board \_\_ Knife Large mixing bowl Large pot with lid Measuring spoons Wooden spoon Y-shaped peeler Large measuring jug Weighing scales Stick blender Tea towel Ladle Serving bowls



This is a great way of using up the vegetables you might have from a growing frenzy. You can easily swap ingredients to suit the season - replace the spinach with chopped savoy cabbage, kale, chard or spring greens, or use green beans and string beans instead of peas and broad beans - the sky's the limit!

#### Ingredients

- 1 medium onion
  2 sticks of celery
  1 medium leek
  2 cloves of garlic
- olive oil
  3 medium potatoes
  2 courgettes
  1 organic vegetable stock
  cube or 1.4 litres hot fresh
  vegetable stock
- sea salt and freshly
  ground pepper
  100g podded fresh peas
  or broad beans
  200g baby spinach
  a few sprigs of fresh mint





### Here's how to make it?

- Peel and roughly chop the onion on a chopping board, then place in a large bowl.
- Trim and roughly chop the celery and leek (make sure you wash it really well) and add to the onion.
- Peel and finely chop the garlic cloves and add to the bowl of chopped vegetables.
- Place a large pot on a medium heat and add 2 tablespoons of olive oil.
- Once hot, add all the chopped vegetables, turn the heat down to low and cook with the lid askew for 10 to 15 minutes, or until tender, stirring occasionally. Meanwhile...
- Peel the potatoes using a Y-shaped peeler, then chop into rough 2cm chunks and place in the empty bowl.
- 7 Chop the courgettes into rough 2cm chunks and place in the bowl with the potatoes.
- Fill and boil the kettle.
- Once the vegetables are cooked, add the potatoes, courgettes and a tiny pinch of salt and pepper.
- 10 Crumble the stock cube (if using) into a measuring jug and carefully top up to 1.4 litres with boiling water and stir until dissolved.
- 11 Carefully pour the hot stock into the pot.
- 12 Turn the heat up to high and bring to the boil, then reduce the heat to medium-low and cook for 15 to 20 minutes or until the potato is cooked through.
- Add the peas or beans and the spinach and cook for a further 4 minutes, or until the peas are tender.
- Carefully remove the pot to a heatproof surface and leave for a minute or two to stop bubbling.

- 15 Carefully blitz with a stick blender until smooth (use a tea towel to protect your hands from little splashes).
- 16 Have a taste and add a tiny pinch of salt and pepper if you think it needs it.
- 17 Pick and roughly chop the mint leaves, discarding the stalks.
- 18 Carefully ladle the soup into bowls and sprinkle over the mint it's delicious served with homemade croutons.

### Your notes...



## Step by step D



# Step by step Q

