

jamie oliver

Garden glut soup

SEASONAL SOUP FULL OF FRESH VEGGIES

**SERVES: 8****COOKS IN: 1H 30M****DIFFICULTY: NOT TOO TRICKY**✓ **KID FRIENDLY***Ingredients*

1 medium onion

2 sticks of celery

1 medium leek

2 cloves of garlic

olive oil

3 medium potatoes

2 courgettes

sea salt

freshly ground black pepper

1 organic vegetable stock cube , or 1.4
litres hot fresh vegetable stock100 g podded fresh peas , or broad
beans

200 g baby spinach

a few sprigs of fresh mint

Method

1. *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!*
2. 1. Peel and roughly chop the onion on a chopping board, then place in a large bowl.
3. 2. Trim and roughly chop the celery and leek (make sure you wash it really well) and add to the onion.
4. 3. Peel and finely chop the garlic cloves and add to the bowl of chopped vegetables.
5. 4. Place a large pot on a medium heat and add 2 tablespoons of olive oil.
6. 5. 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...
7. 6. Peel the potatoes using a Y-shaped peeler, then chop into rough 2cm chunks and place in the empty bowl.
8. 7. Chop the courgettes into rough 2cm chunks and place in the bowl with the potatoes.
9. 8. Fill and boil the kettle.
10. 9. Once the vegetables are cooked, add the potatoes, courgettes and a tiny pinch of salt and pepper.

1. 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.
2. 11. Carefully pour the hot stock into the pot.
3. 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.
4. 13. Add the peas or beans and the spinach and cook for a further 4 minutes, or until the peas are tender.
5. 14. Carefully remove the pot to a heatproof surface and leave for a minute or two to stop bubbling.
6. 15. Carefully blitz with a stick blender until smooth (use a tea towel to protect your hands from little splashes).
7. 16. Have a taste and add a tiny pinch of salt and pepper if you think it needs it.
8. 17. Pick and roughly chop the mint leaves, discarding the stalks.
9. 18. Carefully ladle the soup into bowls and sprinkle over the mint – it's delicious served with homemade croutons.
10. **JAMIE'S TOP TIP:** To make tasty, homemade croutons, place chunky pieces of bread or ciabatta onto a baking tray. Drizzle with a little olive oil and bake in the oven at full whack for 10 to 15 minutes, or until golden and crisp.

NUTRITION PER SERVING

Calories	Fat	Saturates	Protein	Carbs	Sugars	Fibre
125	4.5g	0.7g	5.5g	13.7g	3.4g	2.8g
6%	6%	4%	12%	5%	4%	-

OF AN ADULT'S REFERENCE INTAKE