

Asparagus and Rosemary Winter Soup



Ingredients

(serves 2)

3 x medium potatoes
1 x medium onion, chopped
2 x garlic cloves, chopped
1 x stick of celery, chopped
1.5 litres water
5 x medium carrots
6 x spring onions
2 x vegetable stock cubes

250g veg from lists 1 and 2
(Asparagus, sweet potato,
butternut squash etc)
Hand full of chopped herbs (e.g.
rosemary)
Salt and pepper to taste
Extra herbs to garnish

Method

1. Wash all veg.
2. Peel the potatoes, chop into chunks, place in a bowl or jug and cover with cold water until needed.
3. In a large pan bring the water to the boil, add the celery, onion and garlic.
4. Leave the skin on the carrots, chop into chunks and add to the pan. trim and chop the spring onions and add to the pan as well.
5. Drain the potatoes and add to the pan along with the stock cubes and any veg from list 1. Cover, bring back to the boil and cook for 35-40 minutes.
6. Add the asparagus (or any veg from list 2) and rosemary (or any other herbs), cover and allow to boil for a further 5-10 minutes
7. Using a hand held blender blitz the soup in the pan. Halfway through pureeing the soup, add salt and pepper to taste.
8. Garnish with rosemary leaves and serve with bread

List 1

Sweet potato
Butternut squash
Parsnip
Swede
Turnip
Any other roots

List 2

Asparagus
Broccoli
Cauliflower
Peppers
Mushrooms
Spinach
Chard
Any other leaves