

## Spring Vegetable Soup

A wonderful 'clean' soup that brings all the flavours of spring into one wholesome, warming bowl. Serves 4-6

### Ingredients

- 25g fresh parsley
- 30g unsalted butter
- 150g leeks
- 1 clove garlic
- 1 large carrot
- 1 brown onion
- 350g courgettes
- 175g celery
- 1 litre vegetable stock
- 275g savoy cabbage
- 175g frozen peas
- ½ tsp salt
- ¼ tsp ground black pepper



### Method

- Finely chop the parsley and set aside.
- Peel and finely chop the onion, garlic and carrot.
- Remove the outer leaves from the leek, wash and finely chop.
- Dice the courgettes and celery into 1cm squares.
- Remove the stalk from the savoy cabbage, thinly slice (5mm) and set aside.
- Place the butter into a large saucepan on a medium heat.
- Once it's melted, add the onion, celery, carrot, leek, garlic and courgettes.
- Cook slowly until the vegetables are starting to soften (around 5 minutes).
- Add the stock, bring to the boil and cook for 15 minutes, until the vegetables are soft.
- Add the sliced cabbage leaves, peas, salt and pepper – stir well.
- Continue to cook for a further 5 minutes, stirring once during this time.
- Stir through the parsley.
- Adjust seasoning as necessary and serve piping hot.