

## Cabbage, potato and spring onion soup

### Ingredients

1 onion

6 spring onions (white part only)

2 garlic cloves

1 tablespoon olive oil, plus extra to serve

550g floury potatoes, peeled and cut into small cubes

1 litre chicken or vegetable stock diluted in boiling water

a quarter medium cabbage (about 200g/8oz)

Salt and pepper

### Method

1. Wash all veggies. Chop the onion, spring onion and garlic into slices. (compost the green stalks off the spring onions). Remove the stalk from the cabbage and finely slice.
2. Heat the oil over a low to medium heat in a large saucepan. Add the vegetables except the cabbage, season well with pinch of salt and pepper, then reduce the heat. Gently cook for about 5 mins until starting to soften, then add the stock, turn up the heat and bring to the boil. Simmer for 5 mins more, or until the potato is tender.
3. Add the cabbage. Simmer for a few mins until the cabbage is just tender, Whizz the soup in the food processor or with a stick blender until smooth, then season to taste with salt, pepper or more stock if needed and serve.

Serves 8 kids

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