

# THE HEALTH BOOST

happy healthy living

## Spring nettle soup



This soup is best served in April and May when the nettles are young and sweet, but the evenings still have a chill and warrant a soup. If you've never cooked with nettles before do give this a try - no sting we promise! Pick the top shoots from young nettles with thick protective gloves and wash thoroughly before using in this dish.

### INGREDIENTS

makes 4 bowls

100g cashew nuts  
1 tablespoon of avocado oil  
knob of butter  
1 large onion, sliced  
1 large leek, sliced  
large bunch of spring greens, shredded  
150g frozen peas  
600ml of chicken or vegetable stock  
large handful of stinging nettle tips

### METHOD

- Start by soaking the cashew nuts in a bowl of filtered water.
- Heat the oil and butter in a large saucepan.
- When the butter is melted add the onions and leek.
- Fry over a gentle heat for 8-10 minutes until soft.
- Add the spring greens and sauté for 7 minutes.
- Next add the stock, peas and drained cashew nuts.
- Bring to the boil and simmer for a couple of minutes.
- Pour into a blender and blend until smooth.
- Heat gently until warm in a clean saucepan.

### THE HEALTH BOOST TIP

Nettles are packed with iron and vitamin C, which will help the absorption of the iron. There have also been some studies that show it helps protect against seasonal allergies so perfect for this time of year when hay fever sufferers are usually starting to feel the effects of extra pollen. There have also been studies that show that nettles have the ability to reduce blood sugar and blood pressure. Lots of reasons to get picking! If you pick a surplus then do try our [Forager's pesto](#), with nettles and wild garlic.