

Spring soup with greens (for 4 portions)

Ingredients

- ♥ 1 bunch broadleaved dock & 3 generous handfuls nettle (largely cut)
- ♥ 1 handful parsley with stems (finely chopped)
- ♥ 1 large onion, finely diced (or 2-3 spring onion stems)
- ♥ 3 carrots, diced in small cubes (or 2 carrots & 1 celery root)
- ♥ 1 teaspoon sweet paprika, 1/2 teaspoon chili paprika, pinch of black pepper & sea salt, (+ $\frac{1}{2}$ teaspoon ground cumin for richer aroma)
- ♥ 2 espresso cups wholegrain noodles
- ♥ 4 t.s. simple extra virgin olive oil (EVOO)



Egg-yogurt mix

- ♥ 1 large egg, 3 generous t.s. yogurt, pinch of salt & black pepper, beaten to a cream & diluted with 3-4 t.s. water



Preparation

- ♥ Sauté the onion in EVOO on low heat for 3-4 min., add the washed and chopped nettle and cook for 2-3 more min.
- ♥ Join the root veggies, peppers, salt and 1.5 tea cups warm water. After getting to boil, leave the soup to cook at low heat for about 20 min. (for the root veggies to get ready)
- ♥ Add the dock and parsley. Pour the egg-yogurt mix slowly while stirring. Join the noodles and remove from fire
- ♥ If needed add $\frac{1}{2}$ more water for a thick, yet liquid soup



This soup is lovely with crumbled white sirene or feta cheese.

Noodles could be replaced with brown rice, which we add at the beginning to get well cooked (together with root veggies)

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