

Parsley Soup

Just occasionally, I end up with a huge bunch of parsley when all I really need is a relatively small amount. Here's a tasty way to use up the excess so that it doesn't go to waste.

Planning

serves:	4
prep time:	10 mins
cooking time:	20 mins

Ingredients

125g flat-leaf parsley
75g butter
1 medium onion, finely
chopped
300g potatoes, peeled and
diced
750ml chicken stock
Salt & pepper

Method

Strip the leaves from the parsley and chop up the stalks. Roughly chop the parsley leaves.

Melt the butter in a suitable saucepan over low heat and sweat the onion, potatoes and parsley stalks for a few minutes. Add a few spoonfuls of the chicken stock to keep things moist and continue cooking until the potatoes are barely done. Add the rest of the chicken stock, bring to the boil, then reduce to a simmer cooking for a further 10 minutes. Stir in the parsley leaves and cook for 1 more minute before pouring everything into a cold bowl to stop the parsley overcooking.

Liquidise the soup before reheating gently and adjusting the seasoning to serve. Garnish with fresh parsley if you're being posh.