WILDLING TRIBE CHEFS

Freya's Supergreens Spinach and Wild Garlic Soup

What's in it?

- 100ml water
- 1 vegetable stock cube
- 1 onion, chopped
- 200g-250g spinach, washed
- 200g-250g wild garlic, washed
- 300ml crème fraiche
- 50g of real butter
- 1 lime, juiced
- 1 tbsp tarragon
- Salt and pepper to taste
- A few wild primrose flowers to garnish

Equipment

- Large saucepan with lid
- Stirrers
- Hand blender
- Knife for chopping
- Chopping board
- Weighing scales
- Big/large bowl for weighing ingredients in
- Citrus juicer
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Let's Cook!

1. Add 100ml of water to the saucepan with the crumbled stock cube and the chopped onion.
2. Turn the oven onto a high heat. Once the water is boiling, add the spinach and wild garlic leaves, then reduce to a medium heat and cover the saucepan with the lid.
3. Once the spinach and wild garlic have wilted*, give the mixture a stir. Then add the crème fraiche, butter, tarragon and lime juice. (*In about 10 minutes)
4. Increase the heat until the mixture is boiling whilst stirring regularly. Once the mixture is boiling, reduce the heat and simmer for 5 - 10 minutes.
5. Using the hand blender, blitz the soup to your desired consistency then add salt and pepper if needed.

TRIBE CHEFS: .....FREYA..... on .....27th March 2025.....