Soups / Ireland

kale and potato cream soup · Ireland

A smooth soup centred on kale, finished with a Ireland-inspired combination of seasonings.

Time 35 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 700 g kale
- ☐ 1000 ml low-salt vegetable stock
- ☐ 15 g wholegrain mustard
- ☐ 10 ml apple cider vinegar
- ☐ 30 ml neutral cooking oil
- ☐ 250 g peeled potatoes
- ☐ 150 ml cooking cream
- ☐ 10 g fresh parsley
- ☐ salt and pepper to taste

Let's make it.

01 Finely chop the onion. Cut the cleaned vegetable and potatoes into small, even pieces.

02 Soften the onion in the oil. Add the vegetable, potatoes and stock and bring to a boil.

03 Simmer for about twenty minutes until the potatoes and vegetable are completely tender.

04 Blend carefully with a stick blender. Stir in the cream or coconut milk and gently reheat.

05 Stir in the wholegrain mustard, fresh parsley, apple cider vinegar and taste before serving.

AI-developed, not kitchen-tested.

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