

Glynn Purnell's Winter Vegetable Soup

Glynn Purnell's Health for Life vegetable soup

Ingredients

- 1 large carrot
- 1 medium leek
- 1 onion
- 1 clove of garlic
- 2 sticks of celery
- 1 medium potato
- 100g spaghetti
- 2 large tomatoes
- 1 litre good vegetable stock
- 1 teaspoon mild curry powder
- 1/2 bunch coriander
- 1 bay leaf
- Sprig of thyme
- 5 sprigs parsley
- Splash of vegetable or sunflower oil

Equipment

- Chopping board
- 1 chopping knife
- Peeler
- Colander
- Saucepan (minimum 1.5l)
- Wooden spoon
- Piece of string
- Tea towel (for special magic trick)
- Scissors

Step One

- Peel and dice carrot
- Peel and dice onion
- See if the leek requires extra washing, slice leek saving the outer layer for later
- Dice celery

Step Two

- Add oil to a medium pan
- Add onions and more oil if needed
- Add carrots to the pan
- Crush garlic with palm of hand and add to pan
- Add celery and teaspoon of curry powder
- Add leeks and stir
- Pour in pre-prepared vegetable stock

Step Three

- Place skin from leek on chopping board
- Place parsley, thyme and bay leaf into leek skin
- Roll tightly and tie with string
- Add bouquet garni to pan, leaving excess string hanging out
- Leave to simmer for 10 minutes

Step Four

- Peel and chop potato and add to soup
- Place spaghetti into a tea towel and roll tightly
- Scrape tea towel along the edge of a table, breaking all the spaghetti
- Add broken spaghetti to soup and simmer for 5 minutes

Step Five

- Chop tomatoes and add to soup
- Chop coriander and add to soup
- Remove bouquet garni of herbs and stir well

And enjoy the soup.

