



PLOT

TO PLATE

WOODBANK NURSERIES STOCKPORT

THURSDAYS 10 - 12.30PM

GROWING, COOKING & LAUGHING

IF THESE THREE THINGS APPEAL, WE
HAVE A COURSE FOR YOU.

This is a great way to use up any leftover pasta. As well peas, you can add whatever frozen veg you have e.g. green beans.

WEEK THREE

LEFT OVER PASTA VERDE SOUP WITH HOMEMADE STOCK (serves 4)

Keep freezing veg leftovers in a bag for up to 6 months.

Defrost and add to water.

Boil for up to 30 minutes and drain.

Store in jars for up to 4 days or freeze in accede trays for up to 6 months.

- 100g leftover cooked pasta
- 100g frozen peas
- 50g green beans, chopped
- 50g asparagus, chopped
- 1 courgette, chopped
- 2 celery sticks, chopped
- 6 basil leaves
- 1 large onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp of olive oil
- 2 chicken or vegetable stock cubes

Instructions:

Fry the onion and garlic in the olive oil.

Add 1 litre of water, the stock cubes, all remaining vegetables and bring to the boil.

Add the pasta to the pan and simmer for approximately 20 minutes.

Tear up the basil leaves and add to the soup for the last 5 minutes of cooking.

Serve with a sprinkling of parmesan cheese.



PLOT

TO PLATE

WOODBANK NURSERIES STOCKPORT

THURSDAYS 10 - 12.30PM

GROWING, COOKING & LAUGHING

IF THESE THREE THINGS APPEAL, WE
HAVE A COURSE FOR YOU.

This is a great recipe for using up broccoli stalks, which are often thrown away. You can use any other leftover leafy vegetables such as Brussels sprouts, cauliflower, purple sprouting broccoli, spinach or Kale to create a lovely wholesome soup.

WEEK THREE

BROCCOLI STALK SOUP (serves 4 - 6)

Ingredients:

4 potatoes, peeled and cut into chunks

1 onion, peeled and roughly chopped

2 carrots, peeled and chopped into chunks

A handful of pearl barley or red lentils

Leftover broccoli stalks, about 200g

1/2 tablespoon fennel seeds (optional)

Salt & Black Pepper

Crème fraiche & A few tarragon leaves

Instructions:

Put the potatoes, onion, carrots, pearl barley or lentils in a large pan and cover with water. Bring to the boil and reduce the heat and simmer for about 10 minutes.

Add the broccoli stalks and fennel and continue to cook until all the vegetables are just tender. Take off the heat and allow to cool a little before pouring into a blender and pureeing until smooth. Taste and season.

Pour into warm bowls and add little sour cream or crème fraiche, swirl into the soup and add a few sprigs of herb such as tarragon.

Place onto a baking tray lined with baking parchment and bake for 30 minutes at 200C/400F/Gas 6. The loaf should be golden-brown.

