Rocket, Silverbeet and Potato Soup

Ingredients

4 spring onions, finely diced
1 kg potatoes, peeled and cut into 2cm cubes
1 bunch rocket
1 bunch silver beet
4 cloves garlic, crushed
60 g butter
1.5 L Boiling water
6 teaspoons chicken stock
½ cup cream
Salt and pepper

Method

Melt the butter in a large saucepan over a medium heat.
Sauté the spring onions and garlic for 2 minutes.
Add the cubed potato. Sauté for a further few minutes.
Dissolve the stock in the boiling water, add to the saucepan, bring the soup back to the boil, then cover and simmer for 15 minutes.
While the soup is simmering wash the rocket in the salad spinner.
Cut out the white stalks from the silver beet leaves, roughly chop the leaves and wash them in the salad spinner.
Once the potato is tender stir in the rocket and silver beet leaves.
Simmer for a further 2 minutes.
Take off the heat and use the hand held mixer to blend until smooth.
Add the cream, stir. Season well with salt and pepper.

Recipe source: Stephanie Alexander Kitchen Garden Companion