



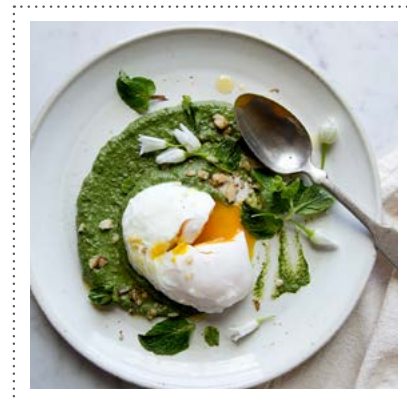
NETTLE AND SPINACH PUREE WITH POACHED EGG

Serves 4

INGREDIENTS:

Ingredients:

- 2 cups nettle leaves, packed (use gloves when handling since it might sting you)
- 2 cups fresh spinach, packed
- 2 garlic cloves
- 3 ramps, chopped
- 2 long stems of young spring onion, thinly sliced, reserving the flowers (if you can't find young onion add an extra ramp)
- Olive oil
- 1/2 tsp of salt
- 1/4 cup of chopped walnuts, plus few more for garnish
- Juice of 1/4 lemon
- 4 poached eggs
- Handful of mint leaves



PHOTOGRAPHY AND STYLING BY IGLIKA PETROVA

DIRECTIONS:

1. In a medium sauce pan heat 2 tbs of olive oil, add nettle, spinach, garlic, ramps, young spring onion (if using) and salt. Using a wooden spoon mix the mixture a few times until the oil coats the greens and they start to wilt. Cook for about a minute or two until the greens are wilted but still fresh and green. Add 3/4 cups of water, bring to a boil and gently simmer for 2 more minutes. Take off the heat and add the mixture into a blender (hand blender works well too) together with the walnuts and the lemon juice. Puree until creamy and lush. If the puree is too thick add a bit more water. Taste for seasoning and adjust if needed.
2. Ladle puree into 4 pasta bowls, place a poached egg in each one, sprinkle with few of the mint leaves, the reserved onion flowers (if using), the extra chopped walnuts and black pepper.

Enjoy!