

Icelandic Oat and Vegetable Soup

Season: Any

Type: Icelandic Soup

Difficulty: 

Serves: 4-6

Equipment:	Ingredients:
Knives	3-4 Tblsp olive oil
Chopping boards and mats	1 small onion
Measuring cups and spoons	1 medium leek
Large saucepan	3 tsp crushed garlic
Wooden spoon	4 carrots
Ladle	8 cups water
	4 tsp stock powder
	2 potatoes
	2 cups cauliflower florets
	1 bay leaf
	¼ cup rolled oats
	1 cup kale
	Salt and pepper

Method:

- Finely dice the onion.
- Thinly slice the leek.
- Dice the carrot
- Dice the potato.
- Cut the cauliflower into bite sized pieces.
- Chiffonade the Kale.
- Heat the oil over a medium heat in the saucepan.
- Add the onion and leek and sauté until soft.
- Add the garlic and the carrots and sauté for another 5 minutes.
- Add the water, stock powder, potatoes, cauliflower and bay leaf.
- Simmer for ½ hour until vegetables are tender. (though if you have time – you could simmer for up to 2 hours for a more intense flavour)
- Add the oats and the kale and simmer for a further 15 minutes.
- Season with salt and pepper and serve.