



# *Ginger Lemon Sencha* **FIDDLEHEAD SOUP**

## INGREDIENTS

Serves 4

3 spring leeks, cleaned, trimmed and sliced  
splash olive oil

1 clove garlic, minced

1 ½ cups/375 ml fiddleheads,  
cleaned trimmed, par-boiled

2 cups/500 ml vegetable stock

1 cup/250 ml steeped tea

(Ginger Lemon Sencha Green Tea), strained

1 ½ cups/375 ml russet potatoes, peeled, cubed  
salt and pepper, to taste

2 oz/60 g plant-based goat cheese style,  
portion into four pieces (optional)

## METHOD

Heat oil in a medium saucepan and add the sliced leeks and garlic; sauté until soft. Add the par-boiled fiddleheads and cook for 5 minutes.

Remove pan from heat and reserve four intact fiddleheads for garnish.

Return pan to heat and add vegetable stock, steeped strained tea, and potato cubes. Bring mixture to a boil, then reduce to a simmer and cook until potatoes are soft. Adjust seasoning with salt and pepper to taste.

Remove mixture from heat, transfer to a blender, and carefully puree hot soup until smooth.

Pour pureed soup into four warm serving bowls and garnish with plant-based goat cheese and reserved fiddleheads.