How to make pottage

You need:

1 parsnip

1 carrot

1 leek

1 onion

A knifeful of butter

Vegetable stock

A knife

A chopping board

One saucepan with a lid

Peel and chop the carrot, onion, parsnip and leek roughly.

Gently warm some butter in a saucepan, be careful, it will burn if it is too hot!

Add the onions when the butter is melted, this will help the onions to become soft.

Add the vegetables (including the spinach) and the stock to the pan and put the lid on to make the vegetables sweat.

Keep an eye on the vegetable, when they are soft it is ready to eat.