



Spinach Soup

SERVES 4

INGREDIENTS

2 tsp olive oil
2 onions, chopped
2 garlic cloves, crushed
1 small red chilli, chopped
1 bunch mint, chopped
1 bunch coriander, chopped
1 litre salt reduced chicken or vegetable stock
500g baby spinach leaves, chopped
2 tbs lemon juice
1/8 tsp ground nutmeg
1/2 cup skim milk (optional)
Salt and pepper, to season

METHOD

1. Heat the oil in a large saucepan and sauté the onion, garlic and chilli until softened. Add the stock and bring to the boil then add the mint and coriander. Simmer for 10 minutes.
2. Add the spinach and cook until just wilted. Add the lemon juice and nutmeg. Puree in a food processor or with a hand blender. Add milk if using and season to taste.

