



**NUTRITION
MISSION**

optimising your health, naturally

www.nutritionmission.co.uk



FRESH SPINACH SOUP

Serves 4

Ingredients

2 shallots, thinly sliced
1 medium sized leek, thinly sliced
1 medium sized potato, diced
500g of fresh baby leaf spinach
2 sprigs of fresh thyme or a heaped teaspoon of dry
2 pints of water
Olive oil
Salt and pepper to taste

1. Heat a splash of olive oil on a medium heat in a heavy bottomed saucepan, add the shallots, leek and potato and cook for five minutes until they are soft.
 2. Add the water, bring to the boil and then simmer gently for about half an hour. Add the spinach, raise the heat slightly and stir continuously for 4 or 5 minutes, until all the spinach leaves are dark green and limp.
 3. Turn the stove off and leave the soup to stand until it's cooled down then blend it in a food processor until completely smooth. Return the soup to the heat and reheat until hot but don't boil.
 4. Return the soup to the heat and reheat until hot but don't boil. Season to taste and serve.
- * **Gluten free, wheat free, dairy free**
 - * **Vegetarian**
 - * **Can be made in advance**
 - * **Suitable for freezing, reheat gently after defrosting.**

© 2009 Nutrition Mission

18 Darnel Hurst Road, Four Oaks, Sutton Coldfield, West Midlands, B75 5NE.

Email: info@NutritionMission.co.uk

Tel: 0844 504 8338

Fax: 0844 504 8339