

Spinach and nutmeg soup

About this recipe:

Exactly what it says in the title. Low-fat, healthy and it doesn't go grey like shop-bought ones. It freezes really well too.

Serves 5

Preparation: 20 min Cook: 20 min Ready in: 40 min

Ingredients

1 tablespoon olive oil (don't use extra virgin)	1 large white onion
1-2 cloves garlic	1 litre vegetable stock, boiling
500 g frozen spinach	100g half-fat creme fraiche
½ to 1 whole nutmeg, grated	Salt and pepper to taste

Method

1. Heat the oil in a large pan over a medium heat. Slice the onions into ribbons and gently fry till translucent. Mince the garlic and add to the pan then fry for a few minutes.
2. Add the vegetable stock to the pan and bring back to the boil. Add all the spinach and gently simmer until the spinach has defrosted. Turn off the heat and allow the soup to cool.
3. Once cooled, blend to desired consistency using a stick blender or a food processor. Add the creme fraiche, nutmeg and salt and pepper. Blend again to mix well.
4. To serve, reheat the soup in a clean saucepan then ladle into warmed bowls.

