

Lunch

SPINACH SOUP

A vibrant green blended soup with crème fraîche that's healthy and filling – make a batch to serve 2-3 and freeze the leftovers!

INGREDIENTS

- 1 tbsp Coconut oil
- 1 Bunch spring onions, chopped
- 1 Leek (about 120g), sliced
- 2 Small sticks celery (about 85g), sliced
- 200g Cannellini beans (tin), rinsed
- Salt and pepper
- 1 Litre stock (made with two chicken or vegetable stock cubes)
- 2 x 200-235g Bags spinach
- 150g Crème fraîche (optional)

METHOD

Heat the coconut oil in a large saucepan. Add the spring onions, leek and celery. Stir and put on the lid. Sweat for 10 minutes, stirring a couple of times. Pour in the stock and cannellini beans and simmer for 10 minutes. Add the spinach and cook for a few more minutes until wilted. Blend to a smooth, very green soup. Stir in the crème fraîche (if using) and season to taste.

