



Spinach and Coconut Soup* (L)

Serving: 1

Veg

Ingredients

- -Handful Spinach, chopped
- -2 tbsp Turnip, chopped (optional)
- -1
- -1 tsp Olive Oil
- -2 tbsp Coconut Milk, diluted with half cup of water.
- -1 tsp Desiccated Coconut
- -Salt according to taste
- -Pinch Black Pepper
- -Heavy Whipping Cream for garnish

Preparation Method

- 1. Measure all the veggies, wash, chop them and keep them ready.
- 2. In a thick bottom pan, put the olive oil and heat on low.
- 3. Now add the chopped ginger and saute till pink. Add chopped green chillies for extra flavour if you want.
- 4. Add all the washed veggies to the pan and raise the heat.
- 5. Add the salt and pepper, keep cooking till the veggies release their water.
- 6. Now lower the heat and sprinkle the desiccated coconut on top.
- 7. When the coconut mixes well in the veggies, then add the diluted coconut milk to the pan and cook on low heat.
- 8. Switch off the heat and allow the soup to cool down.
- 9. Transfer this soup to a blender and grind it till a fine consistency is achieved.
- 10. Put the soup back in the pan and boil for a few minutes.
- 11. Before serving drizzle some freshly beaten cream on top.