



## Mint and Spinach Soup ( L )

Serving: 1

Veg

### *Ingredients*

- $\frac{1}{2}$  shredded spinach (palak)
- $\frac{1}{4}$  cup mint leaves (phudina)
- 2 tbsp finely chopped coriander (dhania)
- 2 tbsp finely chopped spring onion greens
- 1 tsp ghee
- 1tbsp Wheat flour
- pinch nutmeg (jaiphal) powder
- $\frac{1}{2}$  tsp freshly ground black pepper (kalimirch)
- salt to taste

### *Preparation Method*

- -Combine the spinach, mint leaves, coriander, spring onion greens and 1 cup of water in a deep non-stick pan, mix well and cook on a medium flame for 3 to 4 minutes. Drain well.
- -Refresh using cold water, drain completely and blend in a mixer to a smooth thick purée. Keep aside.
- -Heat the ghee in a deep non-stick pan, add the wheat flour and cook on a slow flame for 1 minute, while stirring continuously.
- -Add the spinach purée, 1 cup of water, nutmeg powder, pepper powder, and salt, mix well and cook on a medium flame for 2 to 3 minutes, while stirring
- continuously make a thick consistency soup .
- -Serve immediately