



Emerald Soup (H)

Serving: 1

Veg

Ingredients

- Serves 1
- -1 cup roughly chopped spinach
- -2 tbsp green peas
- - $\frac{1}{2}$ chopped onion
- - $\frac{1}{2}$ tsp butter
- -1 green chilli, chopped
- -2 large cloves of garlic, finely chopped
- - $\frac{1}{2}$ tsp finely chopped ginger
- -1 no. clove (laung)
- - $\frac{1}{2}$ stick of cinnamon (dalchini)
- -1 bay leaf (tej patta)
- - $\frac{1}{2}$ cup milk
- -50 gm paneer, cut into small pieces
- -Salt and pepper to taste

Preparation Method

1. Heat oil in a pressure cooker on medium flame, add onion and saute for 1-2 minutes.
2. Add spinach, peas, potato, green chillies, garlic, ginger, clove, cinnamon stick and bay leaf. Saute for 1 minute.
3. Add $\frac{1}{2}$ cups of water and pressure cook for 1 whistle on medium flame.
4. Remove the bay leaf and blend the mixture in a liquidizer. Strain through a sieve.
5. Transfer the mixture into a pan and cook on medium flame for 2 minutes.
6. Add salt, pepper & milk. Add paneer pieces and cook on medium flame for 2 minutes.
7. Serve hot.