



Creamed Spinach Soup

Method:

You'll need:

- 1 white onion
- 500g spinach
- 150ml cream
- Nutmeg
- Salt and pepper to taste.

1. Slice the onions and cook on a low heat with 1 tbsp of oil until soft. Add the spinach and cream and cook until spinach has wilted.
2. Blend the cream and spinach until smooth. Season with salt, plenty of pepper and ground nutmeg.
3. For a soup, add a splash of water. If you want to use it as a sauce for roast meat/fish or vegetables, don't add water and add squeeze of lemon juice instead.