

Curried spinach, potato & cannellini bean soup



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Preparation: about 20 minutes

Cooking: about 45 minutes

Serves: 4-6

- 2 tbs olive oil
- 1 brown onion, finely chopped
- 2 garlic cloves, chopped
- 2 tbs Korma curry paste
- 500g Desiree potatoes, peeled and diced
- 400g can cannellini beans, drained and rinsed
- 5½ cups chicken stock
- 2 bunches English spinach, trimmed and chopped*
- ½ cup light cream
- Pappadams or warm naan bread, to serve

**about 300g trimmed spinach leaves*

1. Heat oil in a large saucepan over medium heat. Add onion and garlic and cook, stirring often, for 3 minutes. Add curry paste and cook for 1 minute.
2. Stir in potatoes and cook for 2-3 minutes. Add beans and stock. Bring to the boil, stirring occasionally. Reduce heat and simmer for 25-30 minutes until potato is tender. Stir in spinach and cook, stirring occasionally, until spinach wilts.
3. Using a hand blender or food processor, blend the soup in batches until smooth. Return to heat and stir in cream. Simmer until hot. Ladle into serving bowls and serve with pappadams or warm naan bread.



English spinach

- Spinach is rich in an antioxidant called lutein, which is needed by the eyes, especially as we grow older.
- Spinach is an excellent source of dietary fibre, which keeps the intestine functioning well.
- Although the iron in spinach is not well absorbed, its high content of vitamins C, E, beta carotene (converts to vitamin A in the body), niacin (B3) and folate make it one of the most valuable vegetables.

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