

Curried spinach, potato & cannellini bean soup



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Preparation 20 mins | Cooking 45 mins | Serves 4-6

- 2 tbs olive oil
- 1 brown onion, finely chopped
- 2 garlic cloves, chopped
- 2 tbs Indian 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

**you'll need about 400g spinach leaves.*

STEP 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.

STEP 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.

STEP 3 Using a stick blender, blend the soup until smooth. Return to heat and stir in cream. Simmer until hot. Ladle into serving bowls and serve with pappadams or warm naan bread. Season with salt and pepper to taste. Stir in lemon juice and serve sprinkled with extra chopped parsley.

Good for you... *SPINACH*

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), folate, vitamin B6 plus its magnesium and potassium make it one of the most valuable vegetables. Spinach is rich in an antioxidant called lutein, which is important for eye health.

