

Spinach, lentil & yoghurt soup



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Preparation 20 mins | Cooking 40 mins | Serves 4 - 6

- 2 bunches spinach*, trimmed
- 2 tbs olive oil
- 1 celery stick, chopped
- 1 large brown onion, chopped
- 1 (about 200g) Desiree potato, peeled and diced
- 4 garlic cloves, finely chopped
- 3 cups chicken stock
- 400g can lentils, drained and rinsed
- 1 cup reduced fat Greek-style natural yoghurt
- Grilled sourdough bread, to serve

**You'll need about 375g trimmed spinach leaves*

STEP 1 Wash spinach, drain and roughly chop. Set aside.

STEP 2 Heat oil in a large wide-based saucepan over medium heat. Add celery and onion and cook, stirring often, for 4-5 minutes until tender. Add potato and garlic and cook, stirring occasionally, for 4-5 minutes until softening.

STEP 3 Add stock and lentils, cover and bring to the boil. Reduce heat and simmer, stirring occasionally, for 15 minutes or until potatoes are just tender. Increase heat to high, add spinach and stir over heat until wilted. Reduce heat, cover and simmer for 5 minutes. Cool for 10 minutes.

STEP 4 Using a hand blender, puree soup until smooth. Stir through yoghurt and heat over medium-low heat until hot. Season with salt and pepper to taste. Serve with grilled sourdough bread.

Good for you... **SPINACH**

Spinach is rich in an antioxidant called lutein, which is important for eye health, especially as we grow older. Spinach is an excellent source of dietary fibre, which keeps the intestine functioning well.

