

# Creamy Thai spinach soup

## Ingredients

### Main:

- 2 tbsp vegetable oil (Used Coconut Oil, unrefined)
- 1 onion, chopped
- 2 cloves garlic, chopped (Used 6-8)
- 2 green chillies, deseeded and chopped (I used more)
- 32oz vegetable stock
- 2 stalks lemongrass
- 1.25#s fresh Malabar spinach
- 2 cans tinned coconut milk
- juice of 1 limes
- black pepper
- 5oz carton single cream (I skipped using cream and the soup was still delicious)

### Prep time:

15 min

### Cook time:

35 min

### Serves:

6

This recipe is classed as easy.

## Method

1. Heat the vegetable oil in a large saucepan. Add the onion and fry gently for 7-8 minutes. Add the garlic and chopped chillies and cook for 1-2 minutes.
2. Stir in the stock. Peel the outer covering from the lemon grass stalks. Finely chop the lower, white bulbous part of the stalks, discarding the remainder. Add the chopped lemon grass to the soup and simmer for 10 minutes.
3. Add the spinach to the pan (reserving a little to shred finely as a garnish). Cover and cook until spinach wilted, around 3-5 minutes. Liquidize the soup using a hand blender, jug blender or food processor.
4. Add the coconut milk and lime juice. Gently reheat the soup. Season with salt and freshly ground pepper.
5. Add most of the cream and cook gently for 5 more minutes, without allowing it to boil.
6. Serve the soup garnished with swirls of single cream and the reserved shredded spinach.