

SPINACH SINGADA SOUP

BEST FOR

- Morning Detox Drink
- Breakfast

- Lunch
- Mid-Meal

- Dinner
 - An Occasional Treat
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This soup is a staple in my home. It's hearty and comforting. The coconut milk gives it a subtle sweetness and also helps to thicken it.

INGREDIENTS

SERVES 2, MAKES 1400 ml

Soup Base

- ½ kg spinach
- 3 cups water
- ¾ cup singada (water chestnuts)
- peeled and thinly sliced
- 2½ teaspoons rock salt
- ½ teaspoon black pepper
- ½ cup coconut milk

Garnish

- microgreens (optional)
- mary gold petals (optional)

PRE-PREPARATION

Prepare coconut milk as mentioned on page 40.

METHOD

1. Place the spinach and water in a pan. Heat on a low flame till the spinach is soft (about 15 minutes).
2. Puree this mixture using a hand blender, till smooth.
3. Pour this blended mixture through a sieve to get any stalks out.
4. Keep the blended mixture back on the stove, on a low flame. Add the thinly sliced *singada* and keep on a low flame for about 3 minutes.
5. Turn off the heat and add salt and pepper.
6. Right before serving, add the coconut milk to your soup and stir well.
7. Garnish with microgreens (optional) and serve. Do not re-heat the soup after adding coconut milk.