

TURNIP AND SPINACH SOUP

ingredients:

2 teaspoons olive oil

1 large turnip cut up into a large dice

1 cup stock

1 cup water

1/8 teaspoon ground nutmeg

salt and freshly ground black pepper for seasoning

80g baby spinach

method:

heat the oil over a medium heat in a soup pot

add the turnips and stir well, until they are starting to cook

add the stock, the water, the nutmeg and the seasoning

bring to the boil, reduce the heat and cover and simmer for 30 minutes

blend until smooth

add the spinach and bring back to the boil

blend again, adjust the seasoning and serve

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