



UNIT 8 / Recipe 13

Potato and Spinach soup

for 4 Persons

Quantity / Ingredients

250 g floury potatoes,
cook the day before
30 g spinach leaves - fresh or frozen
250 ml vegetable stock
½ red chili pepper or chili peppers
30 g crème fraîche, vegan
½ medium size onion
a little sugar
½ lime
5 g fresh ginger
50 g unsweetened coconut milk
1 tbsp oil
Salt/ white pepper

Preparation:

Peel and finely dice the onions. Wash the fresh spinach leaves, blanch briefly or defrost the frozen spinach. Sauté the onions in a little oil in a pan, add two thirds of the potato mixture from the previous day, pour in the vegetable stock and simmer for 20-25 minutes. Wash the lime, finely grate the zest and squeeze out the juice. Deseed the chili and finely dice. Mix half of the lime juice, zest and chilli with the vegan crème fraîche and coconut milk. Peel and finely chop the ginger. Finely puree the potato soup with a hand blender, the left third of potatoes cut into cubes, add the cubes into the boiled soup, add coconut milk and ginger. Simmer over a low heat for 2-3 minutes, then season to taste with salt/pepper, sugar and the remaining lime zest and juice. Stir in the spinach leaves. TIP: as a single dish: 150 - 200 g floury potatoes, peel and finely dice the potatoes instead of the potato mixture.





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