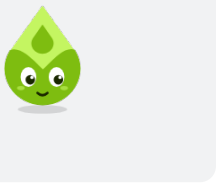
Dinner, Indian

# Silky Spinach Shorba with Mint

A smooth spinach soup lifted with mint leaves, green chillies, and low fat milk, finished with a golden garlic tempering in ghee and a topping of ginger.

| 30 min | 107 | 4.8 g | 3.7 g |
|---|---|---|---|
| time | calories | carbs | sugars |



Vegetarian | Gluten free | Nut free

## Ingredients, 4 servings

- [ ] 4 cups chopped spinach (palak)
- [ ] 2 tbsp mint leaves (pudina)
- [ ] 2 to 3 green chillies (hari mirchi)
- [ ] 1 cup low fat milk ( whole Buffalo, 6.5% fat ) (99.7% fat-free)
- [ ] salt (namak) to taste
- [ ] 1 tsp freshly ground black pepper (kalimirch)
- [ ] 1 tsp lemon juice
- [ ] 1 tbsp ghee
- [ ] 1 tbsp crushed garlic (lehsun)
- [ ] 1 tbsp ginger (adrak) juliennes

## Method

- [ ] **1** Bring 2 cups of water to the boil in a deep pan, add the chopped spinach, cook for 3 to 4 minutes, then set it aside to cool.
- [ ] **2** Once cool, add the mint leaves and green chillies and blend everything to a smooth puree.
- [ ] **3** Tip the puree into a pan, pour in the low fat milk, and bring it to a boil.
- [ ] **4** Stir in the salt to taste, the freshly ground black pepper, and the lemon juice, mixing well.
- [ ] **5** For the tempering, heat the ghee in a small pan, add the crushed garlic, and saute over a medium flame, stirring continuously, until golden brown.
- [ ] **6** Stir the tempering into the spinach mixture, mix well, and simmer for another 2 to 3 minutes.
- [ ] **7** Ladle the shorba into bowls and serve hot, garnished with the ginger juliennes.

## Nutrition Facts

Per serving

| | |
|---|---|
| **Calories** | **107** |
| **Total fat** | 7 g |
| Saturated fat | Not listed |
| **Sodium** | 50 mg |
| **Total carbs** | 4.8 g |
| Fiber | 1.7 g |
| Total sugars | 3.7 g |
| **Protein** | 3.5 g |

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