

Spinach soup with Greek style yoghurt



Ingredients

- 300 g spinach
- 1 courgette
- 1 large onion
- 2 cloves garlic
- 1 big potato
- 2 cubes chicken stock
- 1 l water
- 1 tbsp Pur Natur churned butter
- 1 tbsp olive oil
- 1 tbsp flour
- Salt and pepper
- 1 tsp dried thyme
- 1 bunch basil
- 100 g Pur Natur Greek style yoghurt
- 2 tbsp seeds (pumpkin, sesame, etc.)

Instructions

Finely dice the onion and mince the garlic. Cut the courgette and the potato into cubes. In a large stew pot, melt the butter and the olive oil. Gently fry the onion. Once the onion is glazed, add the thyme, courgette, potato and garlic. Stir-fry briefly and stir in a tablespoon of flour. Deglaze with the chicken broth and stir. Allow to simmer for 20 minutes, covered. Add the spinach and half the basil. Stir well, and season to taste with salt and pepper. Ladle the soup into deep plates or bowls. Spoon a dollop of Greek style yoghurt onto each serving. Garnish with the seeds and the remaining basil.