

## SPINACH, PARSNIP AND MEATBALL SOUP



**Serving:** 4-6

**Cooking Time:** 50 min

**Prep Time:** 20 min

### INGREDIENTS

- Meatballs

- 250g lean beef mince
- 40g breadcrumbs
- 30ml (2 tbsp) fresh basil, finely chopped
- 1 large egg yolk
- Salt, to taste
- Soup
- 15ml (1 tbsp) vegetable oil
- 1 large onion, finely chopped
- 2 garlic cloves, finely chopped
- 1 large potato, chopped
- 1 litre beef stock
- 200g spinach, shredded
- Salt, to taste
- Mozzarella, grated to serve

## INSTRUCTIONS

1. Preheat the oven to 180°C.
2. To make the meatballs, combine all of the ingredients well together and shape into small balls. Place in a baking tray and bake for 10 minutes.
3. Prepare the soup by heating the oil in a large pot and adding the onion and garlic and sauté for a few seconds. Mix in the potatoes and the stock. Bring to a boil then add the spinach, season and continue to cook for a further 10 minutes. Blend or process the soup until smooth and return to the heat.
4. Carefully add the meatballs to the soup and gently heat. Serve with the cheese.