

Stracciatella Soup with Baby Spinach



Preparation time: 5 mins

Serves: 4 people

User Rating: ★★★★★

Publication: 23 October 2012

Categories: Dinner Recipes, Lunch Recipes



Ingredients

- 2 eggs
- 4 cups chicken stock, salt reduced
- 2 tbsp parmesan cheese, finely grated
- 2 cups baby spinach leaves, washed
- 2 tbsp chopped parsley
- Freshly ground pepper

Optional:

- crusty wholemeal bread

Method

1. Bring the chicken stock to the boil.
2. In a small bowl whisk the eggs and parmesan cheese.
3. Reduce the heat, gently stir the stock and drizzle in the egg mixture. Stir gently to form thin stands of egg.
4. Add the spinach, simmer for one minute, season with pepper and serve

Notes

serve with crusty wholemeal bread

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
285g	265kj 63kcal	5.7g	3.9g	1.6g	1.2g	0.3g	756mg	0.4g

All nutrition values are per serve.