

Recipe Name: Indo Chinese Hot and Sour Spinach Soup Recipe

Diet Type:

Course: Side Dish

Cuisine: Fusion

Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 1 Spinach - small bunch	4
• 2 Green Chillies	
• 2 tablespoon Coriander (Dhania) Leaves	
• 1 teaspoon Ginger - finely chopped	
• 1 teaspoon Garlic - finely chopped	
• 1/4 cup Carrots (Gajjar) - finely chopped	
• 1/4 cup Cabbage (Patta Gobi/ Muttakose) - finely chopped	
• 1/4 cup Green Bell Pepper (Capsicum) - finely chopped	
• 4 cups Hot water	
• 2 tablespoons Corn flour	
• 1 tablespoons Soy sauce	
• 1 teaspoon Vinegar	
• Salt - to taste	
• 2 tablespoons Sunflower Oil	
• Spring Onion Greens - chopped	
• Coriander (Dhania) Leaves - chopped	

Preparation

- To begin making the Indo Chinese Hot and Sour Spinach Soup recipe, wash and clean the spinach leaves and coriander leaves; chop roughly (to make it easy to blend).
- Blend chopped spinach, coriander leaves and green chillies to a fine paste.
- Keep aside.
- Stir 3 tablespoons of cornstarch with 1/4 cup of water; mix well and keep aside.
- Heat oil in a heavy bottomed pan and once hot, add finely chopped garlic and ginger.
- Fry on medium high for 1 minute.



- Stir in 4 cups of hot water along with salt to taste.
- Bring the soup to a boil.
- Taste and adjust seasonings.
- While the soup is boiling, stir in the cornstarch paste, stirring continuously until thickened.
- Add more cornstarch mixture if needed.
- Simmer for 1 minute more and serve hot and sour spinach soup garnished with chopped green onions and coriander leaves.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
120	4	18	3	5	2