

Rocket Soup

- 2 T olive oil
- 1 medium onion, chopped
- 4 garlic cloves, crushed
- 1 t each ground turmeric, sea salt
- 1/2 t each black pepper, grated fresh nutmeg
- 1/4 t ground allspice
- 1 medium russet potato, chopped
- 4 c homemade chicken or vegetable stock
- 7 oz [arugula](#)
- 5 oz fresh spinach
- 1/2 c finely chopped cilantro
- 2% Greek yogurt, as garnish
- 1 T olive oil, as garnish

In a large pot, over medium heat, heat olive oil, then add onion and garlic and cook for 5 minutes, stirring, until softened. Add turmeric, nutmeg, salt, pepper and allspice and cook, stirring, for 2 minutes. Add potato and stock, bring to a boil, then simmer for 10 minutes. Put aside a small amount of arugula as garnish. Add spinach, cilantro and rest of the arugula to pot and simmer for 10 minutes. Blend, adjust seasoning, then serve garnished with a dollop of yogurt, a drizzle of oil and some fresh arugula. Serves 3 - 4.

Jittery Cook

From [Yasmin Khan's Zaitoun](#) cookbook