



**Miele**

# Cream of rocket soup

By Miele

**10 minutes**

Preparation time

**21 minutes**

Cooking time

**4**

Serves

## INGREDIENTS

100 g spinach, frozen  
1 onion, diced  
20 g butter  
1 tbsp flour  
70 g rocket  
200 g cream cheese  
600 ml vegetable stock  
½ tsp salt  
Pepper  
Lemon juice

## To serve

4 tbsp rocket

## METHOD

1. Place the spinach on a plate and cover. Place into the microwave on the glass tray on shelf level 1 and defrost on 150W for 8 minutes. Allow to rest for 5 minutes.
2. Put the diced onions and half of the butter in a bowl, cover and place into the microwave on the glass tray. Cook on 850W for 4 minutes.
3. Knead the butter and flour together and shape the mixture into a dumpling. Squeeze out the spinach and roughly chop along with the rocket.
4. Mix the cream cheese with the onions in a bowl. Add the rocket, spinach, stock, salt and pepper and stir. Add the flour dumpling.
5. Place the soup into the microwave, cover and cook on 850W for 9 minutes.
6. Purée the soup. Season with salt, pepper and lemon juice to taste.
7. Sprinkle with rocket leaves before serving.