

# RECIPE

# Dominican Soup

## Ingredients

- 2 bunches spinach
- 100 g of okra
- 4 chopped spring onions
- 4 cloves garlic
- 1-2 chopped chillies adjust to your heat preference
- 1 chopped onion
- 1 sprig thyme
- Salt to taste
- 1 litre of broth vegetable or chicken
- 6 green prawns



## Method

1. In a blender, combine the spinach, garlic, onion, and chillies. Add a little water if needed to help blend into a smooth puree.
2. Heat a pan with some oil over medium heat and add the blended mixture to sauté for a couple of minutes. This step helps bring out the flavours of the ingredients.
3. Once the puree is sautéed, pour in the broth and bring it to a simmer. Stir well to combine everything. Add the thyme leaves and season with salt to taste.
4. While the soup is simmering, prepare the prawns. Peel and devein them, if necessary. Cut the okra into bite sized chunks and add to the soup.
5. Add the prawns to the soup and let them poach for about 2-3 minutes, or until they turn pink and opaque. Be careful not to overcook them.
6. Once the prawns are cooked, taste the soup and adjust the seasoning with more salt if needed. If the soup is too thick, you can add a little more broth to reach your desired consistency.
7. Serve the soup hot, garnished with the green parts of the spring onions. Enjoy this vibrant, flavourful Dominican soup with a side of rice or bread.