

# HOW TO MAKE

## Soupe d'épinards à la poire

### Shopping list

- 5 oz fresh spinach
- 1 pear
- 1 star anise
- ½ table spoon thyme
- 2 cups vegetable stock
- Salt

### Step

1

Wash the spinach.  
Wilt in a saucepan.  
Add the peeled and cubed pear. Stir until the pear sweat.

2

Add the thyme and the star anise. Cover with the stock and cook covered for 10 minutes.

3

Remove the star anise, blend well and add salt if necessary.

### What you need (serves 6)

- 5 oz fresh spinach
- 1 pear
- ½ table spoon thyme
- 1 star anise
- 2 cups vegetable stock
- salt

### Marguerite's tip

« If you want to replace the stock by some milk, do not add the stock and blend with the milk you use for baby. »