

Seasoned Spinach Recipe

Ingredients:

150 g spinach, roots discarded and cut into 2 parts, stalks and leaves
1/2 teaspoon crushed garlic
1/2 teaspoon salt
1/2 teaspoon sesame oil
1/2 teaspoon roasted white sesame seeds

Method:

Bring a pot of water to the boil and sprinkle in some salt. Place spinach in, stalks first. When stalks are almost done, add leaves. Remove from heat as soon as water comes to the boil again. Rinse spinach in ice cold water and drain. Squeeze out any excess water with your hands. Cut spinach into shorter sections and mix with crushed garlic, salt and sesame oil. Toss well then sprinkle sesame seeds over. Serve or store for up to a day in the refrigerator.

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