

Spiced baby spinach with currants & cream



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Preparation: about 15 minutes
Cooking: about 25 minutes
Serves: 4 as a side dish

This dish is great served with chicken or lamb.

2 tbs olive oil
2 medium brown onions, halved and thinly sliced
2 garlic cloves, crushed
1 tsp ground cumin
½ tsp ground coriander
½ cup currants
½ cup chicken or vegetable stock
300g baby spinach leaves
½ cup reduced fat thickened cream
Salt and ground black pepper

1. Heat oil in a large non-stick frying pan over medium heat. Add onions and cook, stirring often, for 8-10 minutes until tender and golden. Add garlic, cumin and coriander and cook, stirring often for 1-2 minutes until fragrant.
2. Stir in currants and stock. Bring to the boil over medium heat. Add spinach in batches, tossing until leaves begin to wilt. When all spinach is added, cook, tossing often, over medium heat for 2-3 minutes until hot. Stir in cream and heat until hot. Season with salt and pepper and serve.



Spinach

- Spinach is rich in an antioxidant called lutein, which is important for the eyes, especially as we grow older.
- Spinach is an excellent source of dietary fibre, which keeps the intestine functioning well.