

Cameroon Spinach

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This is a great way to jazz up plain old spinach and make it into something special. Serve it up with BBQ chicken, BBQ corn and a big salad for a delicious family meal.

Ingredients:

280g fresh spinach
1 onion
2 large garlic cloves
150g shiitake mushrooms
1 tbsp. oil to fry
Salt and pepper

Directions:

1. Stem and quarter the mushrooms. Finely mince the onion and mince the garlic cloves.
2. Heat the oil in a frying pan and add the onion and mushrooms. Cook for 5-7 minutes until softened slightly and browned.
3. Add the spinach and garlic. Cook for another 5-7 minutes until the spinach has wilted. Season well with salt and pepper.

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