

Spinach

Available

All year round.

Buy

Choose crisp green leaves with no damage.

Store

In plastic bags in the fridge.



Prepare



Remove the ends.



Rinse well.



Remove the stems.



Slice leaves roughly or finely.

Cook

Can be:



Steamed



Salad



Stirred into stew



Sardines, spinach and tomatoes on toast (serves 2)

Ingredients

1 bag or 3 bunches spinach leaves
1 can sardines
1 tablespoon vinegar
4 slices wholemeal toast
2 tomatoes, diced
2 teaspoons lemon juice
Pepper to taste

Method



1 Wash the spinach, break off ends and discard. Place in a saucepan with a little water over a high heat with lid for 5 minutes.



2 Remove from the heat and drain well – squeezing the water out with the back of a spoon. Once drained, roughly chop and season.



3 Drain the sardines and mash with vinegar. Mix the diced tomato with lemon juice.



4 Place spinach, mashed sardines and tomatoes on toast. Sprinkle with more pepper.

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