

SPINACH



PREPARATION

- Trim stalks and wash. Cook spinach without additional water; the water that clings to the spinach after washing should be enough.
- Optional to remove the stems if eating raw, otherwise slice and cook with the leaves.

ADD FLAVOUR

- Spinach can be eaten raw in cold or warm salads or cooked and used as a side dish, in soups, on pizzas or in pasta sauces.
- It is popular in egg dishes such as soufflés, omelettes or quiches.
- Spinach can be used a substitute for meat to make a delicious vegetarian lasagne.

STORAGE

- Store refrigerated in plastic containers (i.e. ice cream containers) or bags and use promptly.
- Spinach can be frozen if you don't think you will use it in time. To make storage easier, you can pre-cut and then freeze.

VEGE UP

- Spinach is a good source of vitamin A (in the form of beta carotene), C, B6, K and folate. Spinach is also a source of iron and potassium.
- Eating spinach with other sources of vitamin C, such as tomatoes or capsicum will increase the absorption of iron from the spinach.
- Eating spinach with lean red meat will also improve iron absorption.

COOKING

- Spinach does not take long to cook. If you want to you can steam or stir fry it. However, make sure you add it in with very little time until the dish is ready (i.e. less than 1 minute).
- Delicious eaten raw.