

# Indian Creamed Spinach



## INGREDIENTS:

- 1/2 bag of Emborg Frozen Whole Leaf Spinach
- 1 can of full fat coconut milk
- 1 tomato
- 1 yellow onion
- 2 garlic cloves
- 60ml water
- 2 tbsp olive oil
- 1 tbsp grated ginger
- 2 tsp ground cumin
- 1 tsp garam masala
- 3/4 tsp salt
- 1/2 tsp turmeric
- 1/4 tsp cayenne

## METHOD:

1. Leave the spinach to thaw as you prepare all of the ingredients.
2. In a pot, stir in 1 can of full fat coconut milk with the spinach. Half a bag of Emborg Frozen Whole Leaf Spinach should be enough for this recipe. Cook until the milk and spinach mixture is warm and the spinach has cooked through.
3. Once the mixture has cooled down, blend until the spinach has been cut down and mixes well with the coconut milk.
4. Chop the onion and garlic. Sauté the onion, garlic and ginger in two tablespoons of olive oil for about five minutes.
5. Add in the spices (cumin, garam masala, turmeric, and cayenne) for about two minutes, stirring throughout.
6. Add in a diced tomato and 60ml of water. Cook for about 8 minutes until the tomato has dissolved into the spices.
7. Stir in the coconut milk and spinach mixture to the rest until the mixture is heated and combined well.
8. Add salt according to taste. We found that 3/4 teaspoons worked best according to our liking.