

INDIAN SPICED SPINACH



SERVING SIZE

5



INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Shallots, diced	2	Turmeric	1 Tsp.
Garlic Cloves, minced	4	Mustard Seeds	2 Tsp.
Fresh Ginger, minced	2 Tsp.	Fresh Spinach	10 Cups
Cumin	1 Tsp.	Salt and Pepper	To Taste
Drizzle of Oil			



PREPARATION

- Heat a large skillet or pan over medium heat, adding a drizzle of oil.
- Add diced shallots, minced garlic, and fresh ginger. Sauté for 2-3 minutes until fragrant.
- Stir in cumin, turmeric, and mustard seeds. Cook for another 1-2 minutes to release the spices' flavors.
- Gradually add spinach to the pan, stirring until it wilts down. Add it in batches to allow for proper wilting.
- Season with salt and pepper to taste, then toss everything together.
- Serve warm as a delicious side dish!