

OUR RECIPE

Creamed Spinach

Makes 4-6 portions

INGREDIENTS

200g tub half fat soft cheese with garlic and herbs

1kg bag of frozen spinach, defrosted and drained

30g grated cheddar cheese

Pinch of nutmeg (optional)

Black pepper



Great over steamed potatoes or pasta. It's even a great side dish with any meal.

This dish is a good source of calcium, iron and vitamin C.

METHOD

1. Pre-heat a medium sized saucepan and add the soft cheese.
2. Once the cheese has started to melt add your washed raw spinach.
3. Stir to combine on a gentle heat.
4. When the spinach has wilted and combined with the cream cheese, add the grated cheddar cheese.
5. When the cheddar cheese has started to melt, season with black pepper and nutmeg to taste.