Creamed Spinach with Parmesan

A rich, garlicky creamed spinach that works as a side or a light meal with crusty bread.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
10 min	**15 min**	**25 min**	**4**	**EASY**

Ingredients

- 500 g spinach
- 200 g single cream
- 3 cloves garlic (chopped)
- 1 small onion (chopped)
- 1 tsp sea salt
- 1 tbsp olive oil
- 1 pinch black pepper
- 1 tbsp parmesan (grated)

Method

1. Heat the oil in a pot over a low heat and sauté the onion for 2–3 minutes.
2. Add the garlic and cook for a further 2–3 minutes.
3. Add the spinach and cream and cook until the spinach has completely wilted and released its water.
4. Season, mix well, take off the heat and let it cool slightly.
5. Blend with a stick blender until creamy, then stir in the parmesan.

Tips & swaps

- Leave it a little chunky if you prefer texture over a completely smooth cream.

Storage & reheating

Keeps in the fridge for 3 days.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
170	**5g**	**5g**	**15g**	**3g**

Estimated values, for guidance only. Contains: Milk.