

Creamy Spinach and Onions

Servings: 2

Prep Time: 5min

Cook Time: 20min



Ingredients

- 200g baby spinach leaves, rinsed
- 1 onion, chopped
- 2 cloves of garlic, crushed
- 1 mild jalapeno chilli, roughly chopped
- 1 cup fresh mushrooms, sliced
- vegetable oil and a dash of butter for frying
- salt and freshly ground black pepper
- 60ml thick cream

Directions

1. Add the chopped onions to a little oil and butter and gently fry on low heat until soft and caramelised.
2. Add the garlic, chilli and mushrooms and stir-fry for a few minutes until all the moisture from the mushrooms has evaporated.
3. Add the spinach, cover the pan with a lid and allow the spinach leaves to wilt (it only takes a few minutes). Add the cream and salt and pepper, to taste, and allow to cook through.