



We needed Spinach for a recipe the other day. I appreciate that it wilts down, but why do we always have to buy it in industrial quantities?

So what to do with left-over Spinach? This worked really well as a side dish.

Ingredients:-

½ an Onion, finely sliced
2 Tbsp of Plain Flour (Gluten free for us)
¼ Tsp of dry Thyme
240ml of Milk (Lactose free for us)
2 Tbsp of Ground Cashew Nuts
3 Tbsp of Dairy Free Margarine
140g of Breadcrumbs (Gluten free for us)
100g of Cheese (Lactose free for us)
200g of Spinach
20g of Italian style grated Cheese
Salt & Pepper to season
Oil to fry

Method:-

- (1) On a low heat add a little oil to a frying pan and fry the Onions until softened.
- (2) Sprinkle the Flour over Onions.
- (3) Season with Salt & Pepper.

- (4) Add the Spinach and Thyme and stir in.
- (5) Lower the heat until the Spinach has wilted.
- (6) Whisk the ground Cashew Nuts into the Milk and add to the pan.
- (7) Allow to simmer for 2 minutes.
- (8) Add the Cheese.
- (9) Spoon the mix into oven proof dishes.
- (10) Add the melted Margarine to the Breadcrumbs along with the Italian style Grated Cheese.
- (11) Sprinkle over and place in a pre-heated oven at 180c for 15 to 20 minutes, until the topping is golden brown.

We served this as a side for a small Pork Leg cut. This outshone the rather tough bit of Pig!