



## Garlic Sauteed Spinach

Serving: 1

Veg

### *Ingredients*

- Spinach - 1 cup
- Olive oil - 1 tsp
- garlic clove - 3
- salt to taste
- Pepper to taste

### *Preparation Method*

- Heat the olive oil in a large skillet over medium-high heat. Add the minced garlic and saute for 30 seconds. You don't want the garlic browning too much.
- Add the spinach to the pan. It will be a big mound, and you can use your hands to pack it in. Use tongs or a spatula to carefully flip the spinach over, so that all of the pieces get covered in oil and garlic.
- Cover the pan for a minute to let it steam, then stir again. Repeat this process until the spinach is wilted down, about 5 minutes later.
- Season with salt and pepper, then serve.