

Spinach

Ingredients

For 3 or 4 people:

400 g frozen chopped spinach

1/2 L of béchamel sauce: the volume of sauce should be equal to the volume of spinach once thawed

Preparation

Thaw the spinach in a saucepan over low heat, with a lid. Stir occasionally to mix.

Prepare the béchamel sauce.

When the spinach is thawed, remove any water from the pan.

Add the béchamel sauce, stir well.

Adjust the seasoning with salt and pepper.

Presentation

Baked with croutons

Preheat the oven to 200°C

Place the prepared spinach in a baking dish.

Cover the spinach with slices of bread (which may be dry).

Bake for 10 to 15 minutes: make sure the croutons are toasted but not burnt, and that the spinach is not boiling for too long, otherwise it will become less creamy.

Served with hard-boiled eggs

Boil the eggs while the spinach thaws.

Accompanied by breaded fish

Use “cook light” breaded fish, which can be cooked in a pan without adding fat: this avoids having oil splashed everywhere. Breaded fish is cooked over medium heat, and it is best to put a lid on while cooking.