

The Epinards

Ingredients

For 3 or 4 people:

400 g frozen chopped spinach

1/2 l of Béchamel sauce: the volume of sauce must be equal to the volume of spinach once disgust

Preparation

Having the spinach in a saucepan over low heat, with a lid. Stir from time to time to homogenize.

Prepare the Béchamel sauce.

When the spinach is thawed, possibly remove the water present in the pan.

Add the Béchamel sauce, stir well.

Record salt and pepper seasoning.

Presentation

In the oven with croutons

Preheat the oven to 200 ° C

Put the prepared spinach in a baking dish.

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

Bake for 10 to 15 minutes: Monitor that the croutons are grilled but not burned, and that the spinach is not boiling for too long, otherwise they become less creamy.

Accompanied by hard eggs

Boil the eggs while spinach thaws.

Accompanied by breaded fish

Use breaded fish "Cook light", which are cooked in the pan without adding fat: this avoids having oil projections everywhere. The breaded fish are cooked over medium heat, and it is better to put a lid during cooking.