

# Spinach Stir Fry

## Details

- Prep time - under 10 mins
- Cook time - Under 20 mins
- Serves - 3

## Ingredients needed

- Spinach - 1 bunch or 3 cups tightly packed
- Pearl onions/ small onions - 1/4 cup
- Garlic cloves- 4 (optional)
- Grated Coconut - 2 1/2 tbsp

## For the seasoning

- Oil - 1 tbsp
- Mustard seeds- 1 tsp
- Split urad dal - 3/4 tsp
- Red Chilli - 3 (broken into 2 pieces)



## Preparation

1. Clean and wash greens well. Chop it finely and keep it aside.
2. Chop pearl onions and garlic finely
3. Heat oil, add mustard seeds, when it splutters, add urad dal and red chillies.
4. Saute for a few seconds, add finely chopped onions and garlic.
5. Saute till onions turn transparent. Add the chopped greens and stir well.
6. Keep the flames low and cook covered. Add salt after the greens wilt.
7. Stir in between and sprinkle water only if required.
8. Once the greens are cooked, add grated coconut and mix well. Switch off the flame and serve hot.

## Variations

If you like cumin flavour, crush 1/2 tsp cumin seeds along with grated coconut and mix it with the greens before switching off the flame.