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25
Shares

Spicy Sautéed Spinach

SERVINGS: 6 PREP: 20 MINUTES TOTAL: 20 MINUTES

INGREDIENTS

2 tablespoons ghee (clarified butter) or vegetable oil

1 bunch scallions, coarsely chopped

2 dried chiles de árbol or 1/2 teaspoons crushed red pepper flakes

2 garlic cloves, finely chopped

2 teaspoons yellow mustard seeds

4 bunches flat-leaf spinach, stemmed, very coarsely chopped

Kosher salt, freshly ground pepper

PREPARATION

View Step-by-Step Directions

Heat ghee in a large skillet over medium-high heat. Add scallions, chiles, garlic, and mustard seeds. Cook, stirring often, until garlic begins to brown and mustard seeds pop, about 1 minute. Add spinach to skillet by the handful, allowing it to wilt between additions. Cook, tossing often, until spinach is tender, 5-8 minutes. Season with salt and pepper.

KEYWORDS

Chile Recipes, Dinner Party Food, Hot Pepper Recipes, Indian Food, Scallion Recipes, Side, Sides, Spinach Recipes

RECIPE BY Alison Roman

PHOTOGRAPH BY Christina Holmes

NUTRITIONAL INFORMATION

6 servings, 1 serving contains:

Calories (kcal) 110 Fat (g) 6

Saturated Fat (g) 1 Cholesterol

(mg) 0 Carbohydrates (g) 10

Dietary Fiber (g) 6 Total Sugars

(g) 2 Protein (g) 7 Sodium (mg)

260

