

# Creamed Spinach with Nutmeg

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## Ingredients

50g butter  
1 onion, finely chopped  
4 tbsp plain flour  
400ml full-fat milk  
800gms spinach  
200ml single cream  
fresh nutmeg, for grating

## Instructions

Step 1:

Heat the butter in a saucepan, then add the onion and cook for 5 mins until softened. Stir in the flour and cook for 3-4 mins, then slowly start to whisk in the milk. When it has all been incorporated, gently cook for 5 mins until the sauce has thickened.

Step 2:

Meanwhile, place the spinach in a large pot. Place over medium high heat and close with the lid, if you need to add the spinach as it collapses. Once the spinach is well wilted, place the spinach in a clean dishcloth, squeeze out any excess liquid, then roughly chop.

Step 3:

Stir into the sauce with the cream, gently heat, then finely grate over some nutmeg and season well.

THE  
COOKERY

by The Secret Jozi Chef

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