

# SIGEUMCHII NAMUL

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## INGREDIENTS

### Main

250 g English spinach or baby spinach  
1 tsp fine sea salt , to add to the water  
6 cups water to boil

### Seasoning sauce

1 tsp green onion , finely chopped  
1/2 tsp minced garlic  
1/4 tsp fine sea salt or to taste  
1 tsp toasted sesame seeds  
1 Tbsp sesame oil

## METHOD

### Step 1

Trim the spinach roots and wash the spinach in cold water thoroughly.

### Step 2

Boil the water in a pot/sauce pan for 5 to 7 mins. Add the salt (1 tsp). Once the water starts to boil, plunge the spinach into the pot and leave it for 30 seconds.

### Step 3

Drain the boiled water away and run cold water on the spinach for 1-2 minutes.

### Step 4

Squeeze the spinach to remove excess water.

### Step 5

Cut the spinach into 2-3 pieces with a knife. (If you are using baby spinach, you can skip this step.)

### Step 6

Add the seasoning sauce and mix well with your hands.  
Serve it on a plate and enjoy.

# THE COOKERY

by The Secret Jozi Chef