

SIGEUMCHII NAMUL

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