

SPINACH RECIPE

Ingredients

- 2 lbs [spinach](#)
- 1 [tomatoes](#)
- 1 [onion](#)
- 2 teaspoons [curry powder](#) (or paste, your favourite blend!)
- 1 cup [coconut milk](#)
- 3 teaspoons sunflower oil
- 1 teaspoon [salt](#)

Directions

1. Wash the spinach & roughly chop. De-skin the tomato, peel and chop. Peel and chop the onion.
2. .
3. Heat the oil over a medium heat in a large frying pan. Add the onion, tomato, salt and curry powder / paste and sauté for 5 minutes, or until the onion becomes soft.
4. Add the spinach, continue cooking for about 15 to 20 minutes, until the spinach is cooked.
5. Pour coconut milk mixture into the pan & stir gently to mix.
6. Simmer, for another 5 minutes, stirring constantly, to ensure that the mixture does not stick to the pot.
7. This dish makes a lovely side dish, & can also be eaten with rice, ugali or chapati and beans to form a delicious main course