

# Spinach

## Available

All year round.

## Buy

Choose crisp green leaves with no damage.

## Store

In plastic bags in the fridge.



## Prepare



Remove the ends.



Rinse well.



Remove the stems.



Slice leaves roughly or finely.

## Cook

Can be:



Steamed



Salad



Stirred into stew



## Sardines, spinach and tomatoes on toast (serves 2)

### Ingredients

1 bag or 3 bunches spinach leaves  
1 can sardines  
1 tablespoon vinegar  
4 slices wholemeal toast  
2 tomatoes, diced  
2 teaspoons lemon juice  
Pepper to taste

### Method



1 Wash the spinach, break off ends and discard. Place in a saucepan with a little water over a high heat with lid for 5 minutes.



2 Remove from the heat and drain well – squeezing the water out with the back of a spoon. Once drained, roughly chop and season.



3 Drain the sardines and mash with vinegar. Mix the diced tomato with lemon juice.



4 Place spinach, mashed sardines and tomatoes on toast. Sprinkle with more pepper.

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