



Creamed spinach will go with practically everything. The recipe also goes really well with traditional Kenyan vegetables & adds beautiful charm to your meal.

### Ingredients

1 tablespoon of vegetable oil

1 white/red onion, sliced

1 large bunch of spinach, finely chopped

3 cloves of garlic, finely chopped

1/4 teaspoon of ground nutmeg

1/2 a teaspoon of black pepper

1/2 a cup of heavy cream

Salt to taste



## Method

Stem your spinach and finely chop them. Put them in a frying pan and add some water to them until you can just see it rise along the sides. Bring it to boil and cook for 2 minutes until they are just wilted.

Add your oil into a medium sauté pan over medium-high heat. Add the garlic, green or red onion, nutmeg, black pepper, some salt and cook, stirring, until soft and fragrant. This will take about 2 minutes.

Add the spinach and cook, stirring, just until the onions and spinach are mixed well.

Add the cream and cook until the cream is reduced and blended well with the veggies. This should take about 3 minutes. Once the time has lapsed, remove from the heat and serve immediately. Be careful not to overcook your veggies.



**SERVE WITH:** On hot ugali, rice, nyamachoma or on their own.

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This recipe was brought to you by Kaluhi's Kitchen from:

<http://www.kaluhiskitchen.com/creamed-spinach/>