

Spinach side dish (Korean name: Sigeumchi-namul)

Difficulty: 2/5

Prep time: 5 minutes

Serves: 4

Traditionally served as a vegetable side dish.

Ingredients:

- 6 cups water spinach (salad spinach is not traditional but also okay)
- 1 tbsp minced garlic
- 1 stalk spring onion
- 1 tbsp soy sauce
- 1 tbsp sesame oil

Method:

1. Wash spinach thoroughly with running water
2. Blanch spinach for 30-60 seconds
Note: for salad spinach, simply running it with boiling water will suffice
3. Strain and squeeze excess water
4. Roughly chop spinach into edible pieces
5. Add condiments and mix
6. Enjoy!

Nutritional value:

- Spinach is high in insoluble fibre, iron, calcium, magnesium, vitamin A, vitamin K and folate. In fact, $\frac{1}{2}$ cup of raw spinach will give you enough vitamin K for the day!