

SESAME SPINACH BALLS



QUICK

Less than
10 mins

HEALTHY

Cooking spinach increases its health benefits (and there are LOADS) as the body can't break down all the nutrients in raw spinach.

FAMILY

Makes 32 with extra sauce to leave in the fridge for a quicker version next time

MEALS

Great as a starter, snack or side vegetable

INGREDIENTS

- 800g spinach
- 4 tsp sesame seeds

SAUCE

- 6 tbs tahini paste
- 80 ml mirin (8 tbs)
- 2 tbs soy
- 6 tbs lemon juice
- 2 tsp sesame oil
- 2 garlic cloves
- 3 tbs water

METHOD

- 1) Wash the spinach then put into a large saucepan of boiling water until it wilts (approx. 1-2- mins)
- 2) Pour cold water over it to cool it and retain the colour
- 3) Make the sauce whilst it cools, by mixing all the sauce ingredients in a jar/measuring jug
- 4) Using your hands, squeeze out the excess water, then shape into balls
- 5) Drizzle the dressing over the top
- 6) Sprinkle with sesame seeds
- 7) Serve



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com