

SPINACH BALLS



QUICK

Less than
10 mins

HEALTHY

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

FAMILY

Makes about 30 with extra sauce for another time

MEALS

Great as a starter, snack or side vegetable

INGREDIENTS

- 800g fresh spinach
- 4 tsp sesame seeds
- 2 garlic cloves

Sauce

- 180g tahini
- 3 tbs mirin
- 2 tbs soy sauce
- 2 lemons
- 1 large garlic clove
- water

METHOD

- 1) Wash the spinach, then put it in a large saucepan
- 2) Pour boiling water over & leave till it wilts (approx. 1-2 mins)
- 3) Rinse with cold water to cool it quickly and retain nutrients and colour
- 4) Whilst it cools, make the sauce by mixing all of the sauce ingredients in a jar/measuring jug. You may need to add more water to make it pourable
- 5) Using your hands, squeeze out the water from the spinach, then shape into balls and put on a large plate
- 6) Drizzle 1tsp sauce over each one
- 7) Sprinkle with sesame seeds
- 8) Enjoy



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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