

Spicy spinach with feta

BBC
RADIO



By Ghillie Basan

Ingredients

1 tablespoon ghee
1 teaspoon mustard seeds
1 onion, chopped
1 teaspoon jaggery, or sugar
1 scant teaspoon asafoetida
1 teaspoon finely chopped dried chillies
1 teaspoon garam masala
500g (1lb 2oz) fresh spinach leaves, steamed and roughly chopped
200g (7oz) feta, cut into cubes
roughly 150ml (5fl oz) cream
salt and freshly ground black pepper



Prep Time: 5 mins

Cooking Time: 10 mins

Serves: 2-4

Method

1. Heat the ghee in a heavy-based pan and stir in the mustard seeds until they begin to colour.
2. Stir in the onion with the jaggery for 1-2 minutes to soften, then stir in the asafoetida.
3. Add the dried chillies and garam masala and toss in the spinach, coating it in the spices.
4. Toss in the feta cheese, and stir in the cream.
5. Check the seasoning and cook gently for 3-4 minutes. Serve immediately with warm, crusty bread.