

## Spicy spinach with feta

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BBC  
RADIO



### 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.