

POTATOES AND SPINACH



Author:

Serving: -

Cooking Time: -

Prep Time: -

INGREDIENTS

- 500g potatoes (peeled and cubed)
- 2 bunch of spinach (chopped)
- 1 onion (chopped)
- Salt and pepper seasoning for taste
- 5 tablespoons of oil
- A cup of chicken stock

INSTRUCTIONS

1. In your pot fry onion for 5 minutes
2. Add potatoes, salt, pepper and stock
3. Cook till potatoes are soft then add spinach and steam for 8 minutes
4. Mix everything together and control consistency with water

Tip: because spinach cooks quicker than potatoes, when cooking put more flavor in potatoes to get that authentic taste of your spinach