

Seasoned Spinach Salad

INGREDIENTS

Spinach

1 tsp finely minced garlic

1 tsp salt

1 tsp sesame seeds

1 tsp sesame oil

DIRECTIONS

1. Blanch the spinach leaves on boiling water for 30-60 seconds
2. Remove the spinach from the casserole using a strainer
3. Run it under cold water for a minute and squeeze the excess water
4. Cut on small portion (preferably bite size)
5. Mix with other ingredients

