

WILTED SPINACH WITH LEMON AND WALNUTS

(Courtesy Sally-Ann Creed)

Ingredients:

1 big bunch raw spinach

1 Tablespoon olive oil/macadamia oi.

1 clove garlic finely chopped

2 teaspoons fresh lemon juice

1/2 teaspoon Himalayan salt, divided

Freshly cracked black pepper

1 Tablespoon walnuts, toasted

Method

Sort through spinach for the best parts

Wash spinach in plenty cold water and pat dry

Heat oil in a large saute pan over medium-high heat

Add garlic and lemon juice and saute for one minute

Turn the heat to high and add the spinach, 1/4 teaspoon salt and few pinches of pepper

Wilt the spinach, tossing with tongs to coat spinach with the hot oil and garlic

Toss in the walnuts, add salt and pepper to taste

Serve immediately