Creamed Spinach with Mushrooms

Cooking time	40 mins
Preparation time	50 mins
Serves	5

Creamed spinach is one of South Africa’s favourite sides, and an important part of a #SevenColours or #SundayKos spread. It’s delicious with roast chicken and stews, and also makes a tasty topping for baked potatoes.

Ingredients

- 900g spinach
- 30ml (2 Tbsp) oil
- 2 onions, finely chopped
- 3 cloves garlic, peeled and crushed
- 400g button mushrooms, halved
- 2 x 37g sachets Royco® Savoury White Sauce
- 500ml (2 cups) rapidly boiling water
- 250ml (1 cup) cream
- salt and freshly ground black pepper
- ground nutmeg, to taste
- half a lemon

Family Friendly

Not all kids are mad about leafy greens, but they might be convinced to try creamed spinach piled onto a baked potato and topped with grated cheese.

Cook’s tips:

Nutmeg goes beautifully with spinach, but it’s a strong spice, so use it sparingly.

You needn’t stick to white sauce for this recipe. Try it with the Royco® Cheddar Cheese or Creamy Cheese dry sauces to ring the changes.

Method

1. Remove any tough stalks on the spinach and rinse well in cold water. Put the leaves,

which should still be wet, into a large pot and cover with a lid.
2. Turn the heat onto medium-low and cook for about 12 minutes, or until the spinach has softened to your liking. Turn the leaves over now and then so the uncooked ones move to the bottom of the pot.
3. Tip the spinach into a colander set over the sink. Place a small plate on top, and weigh it down with a few tins from the cupboard. Leave to drain.
4. Heat the oil in another large pan and fry the onions over a medium heat until soft (about 5 minutes). Add the garlic and cook for 1 more minute.
5. Add the mushrooms and cook, uncovered, until they release their water. Then continue cooking until all the water has evaporated.
6. In the meantime, squeeze the cooled spinach in the colander between your hands to remove any remaining liquid. Place on a board and coarsely chop the spinach – or you can keep the leaves whole.
7. Add the spinach to the pan and turn the heat right down while you make up the white sauce.
8. Empty the contents of both sachets of Royco® Savoury White Sauce into a measuring jug. Fill up to the 500ml mark with rapidly boiling water, then stir with a fork for 1 minute, or until thick and creamy.
9. Pour the sauce into the pan, add the cream and stir gently to combine.
10. Season with salt and plenty of black pepper, and add a few pinches of nutmeg, to taste.
11. Simmer for 5–7 minutes, or until the sauce has thickened. Just before the spinach is ready, squeeze the juice of half a lemon into the pot and give it a final stir.
12. Serve hot.

Recipe Tags

Dry sauce, Plant Based, Vegetarian

Related Recipes

Creamy Chicken and Pasta Bake

Cooking time

30 mins

Preparation time

20 mins

Macaroni Cheese with Tomato

Cooking time

30 mins

Preparation time

10 mins

Lamb Tray Tagine

Cooking time

180 mins

Preparation time

20 mins

Fiesta Mince Bowl

Cooking time

40 mins

Preparation time

10 mins

Ham, Mushroom and Cheese Bake

Cooking time

25 mins

Preparation time

10 mins



Butternut Risotto with Rocket and Feta

Cooking time

25-30 mins

Preparation time

5 mins



Bolognaise

Cooking time

30 mins

Preparation time

10 mins

Chicken & Mushroom Phyllo Pie

Cooking time

20 mins

Preparation time

15 mins

Penne with a Mediterranean Touch

Cooking time

15 mins

Preparation time

15 mins

Lamb Ragu Lasagna

Cooking time

35 mins

Preparation time

20 mins

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