

Spinach Side Dish

This is another one of my favorite Korean side dishes. It is so simple to prepare yet quite tasty. Recipe adapted from Maangchi.com.

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Serves: 4 (as a Side Dish)

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Ingredients:

1 bunch *Fresh Spinach* (about 1 pound) – cut off the roots

1 teaspoon *Salt*

2 cloves *Garlic* – crushed or finely chopped

1 *Green Onion* – thinly sliced

1 tablespoon *Soy Sauce*

1/2 tablespoon *Sesame Oil*

1/2 tablespoon *Toasted Sesame Seeds* for garnish

Directions:

1. Bring a pot of water to a boil and add 1 teaspoon of Salt. Add spinach and blanch just until wilted for about 30 seconds.
2. Drain and rinse under cold water a few times, removing any grit or dead leaves along the way. Squeeze out excess water and cut into about 2 inch pieces.
3. Add remaining ingredients except sesame seeds and mix it well by hand.
4. Transfer to a serving plate and garnish with toasted sesame seeds to serve.

