

Creamy Spinach 4 Ways

SPINACH AND CORN FRITTERS

Ingredients:

For the Creamed Spinach:

- 2 tbsp butter
- 2 onion, finely diced
- 3 cloves garlic, crushed
- 10 cups (400g) baby spinach, washed
- 1 cup cream
- 3 tbsp Knorr White Onion Soup

For the Spinach & Corn Fritters:

- (3 cups) Creamed spinach
- $\frac{3}{4}$ cup cheese, grated
- 1 can sweetcorn kernels, drained
- 1 cup self raising flour, sifted
- 2 eggs, separated
- Salt & pepper, to taste
- 3-5 tbsp cooking oil, of choice

Method:

For the Creamed Spinach:

1. Melt the butter on a medium/low heat in a medium saucepan.
2. Add the onion & crushed garlic and sauté until soft, 5-7 minutes.
3. Cut the baby spinach into strips and stir through the onions, 1 cup at a time until wilted.
4. Drain any excess water from the wilted spinach mixture and discard.
5. Mix $\frac{1}{4}$ cup of cream with the Knorr White Onion Soup to form a paste. Add the rest of the cream, mix well and add to the spinach.
6. Stir well & simmer until slightly reduced and thickened. Season to taste.
7. Allow to cool.

For the Spinach & Corn Fritters:

1. In a large bowl, combine the cooled creamed spinach, grated cheese, corn kernels,

flour, egg yolks, salt & pepper together.

2. In another bowl, beat the egg whites until stiff.
3. Carefully fold the egg whites into the spinach batter, don't over mix.
4. In a large pan, heat the oil to medium.
5. Cook spoonfuls of the mixture in the pan, 3-5 minutes a side until golden and cooked through. Drain on paper towel.
6. Plate up while warm, garnish with sour cream and chopped chives. Serve with a sweet chilli dip and ENJOY!!

CREAMY SPINACH MUFFIN TIN PIES

Ingredients:

For the Creamed Spinach:

- 2 tbsp butter
- 2 onions, finely diced
- 3 cloves garlic, crushed
- 10 cups (400g) baby spinach, washed
- 1 cup cream
- 3 tbsp Knorr White Onion Soup
- Salt and Pepper, to taste

For the Pie:

- 2 - 3 sheets of store bought puff pastry
- 1 cup feta cheese, crumbled
- 1 egg

Method:

For the Creamed Spinach:

1. Melt the butter on a medium/low heat in a medium saucepan.
2. Add the onion & crushed garlic and sauté until soft, 5-7 minutes.
3. Cut the baby spinach into strips and stir through the onions, 1 cup at a time until just wilted.
4. Drain any excess water from the wilted spinach mixture and discard.
5. Mix ¼ cup of cream with the Knorr White Onion Soup to form a paste. Add the rest of the cream, mix well and add to the spinach.
6. Stir well & simmer until slightly reduced and thickened. Season to taste.

7. Allow to cool. (Store any remaining mixture in the freezer.)

For the Pie:

1. Pre-heat the oven to 180 °C and grease a muffin tin.
2. Roll out the puff pastry and cut out discs (large enough to be pressed into a muffin tin with a 1.5cm overhang).
3. Line each of the greased cups of the muffin tin with the puff pastry discs. Set aside remaining pastry for the lids of the pies.
4. Mix the feta cheese into the cooled creamed spinach mixture.
5. Spoon this mixture into the cups.
6. Cut out 12 smaller pastry circles from the remaining pastry, to form the lids.
7. Pop a lid onto each of the pies. Pinch the edges together to seal.
8. Use a sharp knife to make small incisions in the pastry lids.
9. Beat the egg and brush over the top of each pie.
10. Bake +/- 25 minutes until golden & crisp.
11. Cool on a wire rack for 5 minutes and ENJOY!!

SPINACH, MUSHROOM & BACON PASTA BAKE

Ingredients:

For the Creamed Spinach:

- 2 tbsp butter
- 2 onion, finely diced
- 3 cloves garlic, crushed
- 10 cups (400g) baby spinach, washed
- 1 cup cream
- 3 tbsp Knorr White Onion Soup
- Salt and Pepper, to taste

For the Pasta Bake:

- 2 cups whole wheat penne
- Knorr Dry Cook-In Tomato Base Sauce
- 2 tins chopped tomato
- Cooled creamed spinach
- 1 tub (250 g) cream cheese
- 1 ½ cups mushrooms, sliced & pan fried
- 1 ½ cups crispy bacon, chopped

- 2 cups mozzarella, grated

Method:

For the Creamed Spinach:

1. Melt the butter on a medium/low heat in a medium saucepan.
2. Add the onion & crushed garlic and sauté until soft, 5-7 minutes.
3. Cut the baby spinach into strips and stir through the onions, 1 cup at a time until wilted.
4. Drain any excess water from the wilted spinach mixture and discard.
5. Mix ¼ cup of cream with the Knorr White Onion Soup to form a paste. Add the rest of the cream, mix well and add to the spinach.
6. Stir well & simmer until slightly reduced and thickened. Season to taste.
7. Allow to cool.

For the Pasta Bake:

1. Preheat the oven to 200°C.
2. In a large pot, bring salted water to the boil. Cook the pasta, until very al dente (ie not fully cooked/soft.) Drain and set aside.
3. Pour 1 tbsp olive oil into a pan. Add the tinned tomatoes to the pan and allow to simmer on medium heat. Mix the Knorr Dry Cook-In Tomato Base Sauce with a tbsp of water to form a paste. Add the paste to the tomatoes in the pan. Cook for about 5 minutes until slightly thickened. Set aside to cool.
4. Combine the pasta with the creamed spinach, cream cheese, mushrooms and crispy bacon and season to taste.
5. Layer the tomato sauce into the base of a baking dish. Top this with the pasta mixture.
6. Sprinkle the grated mozzarella on top and bake for 15-20 mins until melted, golden, bubbling and delicious.
7. Allow to cool for 5 - 10 minutes.
8. Garnish with more of the crispy bacon and chopped chives and ENJOY!

CREAMED SPINACH POTATO BAKE

Ingredients:

For the Creamed Spinach:

- 2 tbsp butter
- 2 onion, finely diced
- 3 cloves garlic, crushed
- 10 cups (400g) baby spinach, washed
- 1 cup cream
- 3 tbsp Knorr White Onion Soup
- Salt and Pepper, to taste

For the Potato Bake:

- 250 ml cream
- Salt & pepper, to taste
- 2 garlic cloves
- 6-8 potatoes
- Creamed spinach
- 1 cup grated cheddar cheese

To serve:

Knorr Italian Vinaigrette Dressing

Method:

For the Creamed Spinach:

1. Melt the butter on a medium/low heat in a medium saucepan.
2. Add the onion & crushed garlic and sauté until soft, 5-7 minutes.
3. Cut the baby spinach into strips and stir through the onions, 1 cup at a time until wilted.
4. Drain any excess water from the wilted spinach mixture and discard.
5. Mix ¼ cup of cream with the Knorr White Onion Soup to form a paste. Add the rest of the cream, mix well and add to the spinach.
6. Stir well & simmer until slightly reduced and thickened. Season to taste.
7. Allow to cool.

For the Potato Bake:

1. Pre-heat the oven to 200°C & grease a baking dish.
2. Combine the cream, salt & pepper and garlic cloves in a small pot. Slowly bring to the boil, switch off the heat, cover and leave to infuse.

3. Peel and thinly slice the potatoes. Spread a layer of sliced potatoes into a baking dish.
4. Top with a generous layer of creamed spinach and another layer of sliced potatoes.
5. Repeat the process until all the potatoes & creamed spinach has been added - finishing on a layer of potatoes.
6. Pour the cream over the potato and spinach layers – do this through a sieve, to remove garlic.
7. Sprinkle over the grated cheese and cover.
8. Bake for 1 hour – 1 hour 20 minutes until soft. Uncover and bake a further 10 minutes until golden.
9. Serve and ENJOY!