Spinach with Sesame and Garlic

**Equipment**

- Skillet or wok
- Tongs
- Bowl measuring spoon

**What to do**

1. Toast sesame seeds (no oil, just seeds) on medium heat in a non-stick frypan until golden, being careful not to burn them. Cool.

2. Heat 2 Tbspn of the sesame oil in a large skillet over medium heat. Once the oil is hot, add the garlic. As soon as the garlic begins to sizzle add the spinach or greens of choice and cook, stirring occasionally until the spinach is wilted but not overcooked.

3. Turn the heat to low and add the sugar and the soy sauce. Remove from heat. Add salt to taste and sprinkle in toasted sesame seeds, toss lightly and serve in bowls. Drizzle with remaining sesame oil.

We served ours with steamed Jasmine rice.

**Ingredients**

- 3 Tbspn dark sesame oil
- 1 Tbspn minced fresh garlic
- 450g fresh spinach or greens of choice, washed and drained well
- 1 tspn sugar (of choice)
- 1 Tbspn soy sauce or tamari
- pinch salt
- 1 Tbspn toasted sesame seeds

From The Garden

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