



Grilled polenta

By: Anton Mac Donald

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Ingredients

- ½ bunch Spinach
- 1 Onion
- 1 tsp Ground Bayleafs
- ½ tsp Ground Black pepper
- ¾ tsp crushed Garlic
- 1 tsp Tomato paste
- 100 g Feta
- 160 ml Polenta
- BBQ sauce (recipe on website under herbs & spices)

Method

- Blanch the shredded spinach and set aside.
- Fry chopped Onion together with Bayleafs and black pepper.
- Fry Onions just until see through.
- Add the garlic and Tomato paste.
- Add the spinach and mix well remove from heat.
- Bring 520 ml water to the boil.
- Add 160 ml Polenta and immediately stir.
- Cook the polenta form 1 minute stirring all the time.
- Add the spinach and mix well, remove from heat.
- Add crumbled Feta and mix. Be fast before Feta melts.
- Smooth out on plastic about 1 cm thick and allow to cool.
- Slice in 2½ cm bars and place on oven prove dish.
- Brush with BBQ sauce.
- Set oven on grill and warm polenta.

Serve hot with main dish.

Make 12 bars