



Spinach and pasta

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Saturday, 05th November 2016

Ingredients

- 1 Bunch Spinach (600 g)
- 50 g Feta cheese (cut into blocks)
- 1 Onion
- 1/3 Cup Flour
- 2 Tbsp Butter
- 4 Cups Milk
- 2 Bay leafs
- 2 Tsp BBQ spice
- ½ Tsp medium Yellow Curry
- Ground Black pepper (to taste)
- Crushed dried red chili (to taste)
- Salt
- Pasta of your choice

Method

- Fry chopped onion with Bay leafs, Black pepper and red chili.
- Fry until see through but don't brown.
- Add the spices and fry until spices change color.
- Add 1 Cup of water.
- Add shredded spinach and cover pot.
- Cook until cooked about 2 min DO NOT overcook.
- Set aside and cook Pasta of your choice according to instruction on packet.
- Melt butter in a sauce pan for white sauce.
- Add the flour and stir with a whisk.
- Add milk little at a time stirring continuing bring to boil every time keep stirring until all lumps is removed.
- When cooked remove from heat and add feta cheese.
- Add cooked spinach and Pasta and mix well.
- Serve hot.

Serve 4 portions

