

Spinach and rice casserole

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Spinach and rice casserole

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A perfect light meal rich in folate and iron.

Ingredients (serves 4 mains or 6 entrées)

- 1/3 cup (80 ml) extra virgin olive oil
- 1 large brown onion, finely chopped
- 1 cup (250 ml) puréed tomato
- Freshly milled sea salt, to taste
- Freshly ground black pepper, to taste
- 360 g fresh English [spinach](#), roughly chopped
- 1/3 cup (60 g) white rice
- 2.5 litres water

METHOD

Heat olive oil in a large, heavy-based saucepan over medium heat and sauté onion until translucent.

Add tomato, season to taste and stir well. Add spinach, rice and water, stir well and cover.

Simmer for 30 minutes or until the spinach and rice are cooked, stirring occasionally and adding

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more hot water if necessary.

Taste, adjust seasoning and serve.

Recipe from *The Mediterranean Diet* by Dr Catherine Itsiopoulos, \$34.99

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