



Greek spinach and rice – Spanakorizo

15'
Hands on

20'
Cook Time

4-6
Portion(s)

1
Difficulty



Method

- Place a **pot** over high heat and add 2 tablespoons olive oil.
- Coarsely **chop** the onion, finely chop the garlic, and add them to the pot. Season with salt and pepper, and sauté.
- Finely chop the white part of the spring onions, the stems of the dill, and add them to the pot.
- Add the rice and sauté for 1-2 minutes.
- Deglaze the pot with the wine and let it evaporate. Add the stock in batches and mix constantly, at medium heat, for 13-15 minutes until the rice is boiled and al dente.
- Put the spinach into a bowl and add some salt. Mix and squeeze well with your hands in order to remove the water from the spinach. Transfer to the pot and boil for 3-4 minutes.
- If there is no moisture left in your pot, add 100 g water, the juice of 2 lemons, and remove from the heat.
- Finely chop the rest of the dill, the green part of the spring onions, and add them to the pot. Add the lemon zest, the rest of the olive oil, and mix.
- Serve with lemon slices, olive oil, pepper, oregano, and feta cheese.

Ingredients

- 1 onion
- 1 clove(s) of garlic
- 70 g olive oil
- salt
- pepper
- 2 spring onions
- 1/2 bunch dill
- 250 g glutinous rice
- 150 g white wine
- 1 liter vegetable stock
- 1 kilo spinach
- lemon zest, of 2 lemons
- lemon juice, of 2 lemons

To serve

- 1 lemon
- feta cheese, optional
- olive oil
- pepper
- oregano

Διατροφικός πίνακας

Nutrition information per portion

302 Calories (kcal)	13.0 Total Fat (g)	2.1 Saturated Fat (g)	34.0 Total Carbs (g)
15%	19%	11%	13%
2.1 Sugars (g)	8.0 Protein (g)	3.0 Fibre (g)	0.84 Sodium (g)
2%	16%	12%	14%