Healthy Stir Fried Spinach

Ingredients

- 300 g Spinach
- 1 tbsp Cooking Oil
- 3 Red Onion
- 3 cloves Garlic
- 2 Red chili
- 1 tbsp MAGGI® CukupRasa™
- 0.5 tsp White Pepper Powder
- 3 tbsp Water

Instruction

1. Wash spinach well, discard the coarse stems and drain them in a colander.
2. Heat your favourite cooking oil in a large sauté pan or skillet over medium heat. When the heat is just right, add in the red onions, garlic, and chillies and sauté until fragrant.
3. Next, increase the heat to medium-high and place the spinach into the pan.
4. Add in the MAGGI® CukupRasa™, white pepper powder and water.
5. Since spinach releases a lot of water when it cooks, continue stirring and cooking it until the liquid evaporates for about 5 minutes.
6. Serve your quick and easy stir-fried spinach dish while it’s still hot.

Nutrition

Carbohydrates	23.8 g
Energy	162.6 kcal
Fats	5.95 g
Protein	7.85 g

19 Minutes

2 servings