

RECIPES IDEAS

INDIAN SPINACH

Potatoes and malabar spinach salad



Ingredients:

- Potatoes
- Indian spinach leaves
- Oil
- 1 glove of garlic
- Salt, pepper, onion, lemon or vinegar, lemon basil



Preparation:

Boil the potatoes. Then cut them into cubes in a dish.

Cut Indian spinach leaves. Boil them in a saucepan with hot oil and a glove of garlic. Cover and cook for 7 minutes.

Add Malabar spinach to potatoes.

Season according to your desire: with oil, salt and pepper, a glove of garlic, a little sliced onion, lemon or vinegar, and lemon basil.