

Spinach balls

To make these spinach balls, I've halved the recipe to make 12 spinach balls. You can make 24 balls simply by doubling the ingredient quantities.

Ingredients

250g spinach, washed
1 egg, beaten
pinch of freshly grated nutmeg
1 clove garlic, finely diced
50g breadcrumbs
25g grated parmesan
salt and pepper to taste
olive oil for shallow frying

Method:

Blanch the spinach in a pan of salted boiling water for 2 minutes. Drain using a colander.

Using your hands, squeeze out the water from blanched spinach. Then chop the spinach finely.

Place the chopped spinach in a bowl and stir in the rest of the ingredients: salt, pepper, eggs, breadcrumbs, parmesan, garlic.

Mix well until you get a binding consistency - the ingredients are binding together. If the mixture is too wet, add a tablespoon of breadcrumbs.

Roll the mixture into little balls.

Prepare and heat a shallow pan and cover the base with enough olive oil for frying.

Shallow fry the spinach balls in the hot olive oil until golden, 3-4 minutes per side.

Drain on kitchen paper and serve warm (or cold).