

SAUTEED SPINACH WITH RAISINS AND HAZELNUTS

INGREDIENTS

1 lb (450 g) fresh spinach, washed and dried
2 tablespoons olive oil
1 clove garlic, minced
1/4 cup raisins
1/3 cup toasted hazelnuts, coarsely chopped
Salt and pepper to taste
1 tablespoon balsamic vinegar (optional, for added flavor)

METHOD

1. **Toast the Hazelnuts:** Heat a dry skillet over medium heat and toast the hazelnuts for 3–5 minutes until fragrant and golden. Remove from the skillet and set aside.
2. **Plump the Raisins:** In a small bowl, soak the raisins in warm water for about 5 minutes to soften them. Drain and set aside.
3. **Sauté the Garlic:** Heat the olive oil in a large skillet over medium heat. Add the minced garlic and sauté for about 30 seconds, until fragrant.
4. **Cook the Spinach:** Add the spinach to the skillet in batches, stirring to wilt it down as it cooks. This should take 2–3 minutes. Season with salt and pepper to taste.
5. **Combine and Serve:** Stir in the plumped raisins and toasted hazelnuts. If desired, drizzle with balsamic vinegar for an extra layer of flavor. Transfer to a serving dish and enjoy warm.