Fresh Vegetable

BABY SPINACH



Ref: SPI-01

Italian name: Spinacini delicate

Weight order: 1 kg per case

Description: Baby is a variety of spinach with flat, spade-shaped leaves that are soft and tender in texture. While mature bunched spinach generally requires blanching to mellow its bitter taste, baby spinach is so clean and mild in flavor the leaves and stems can be eaten raw.

Eating baby spinach raw is in fact the best way to maximize its nutritional value. This super green is packed with antioxidants (beta carotene and lutein), vitamins (A, B and C) and minerals (calcium, potassium and iron) that may be reduced or destroyed by the cooking process. However you choose to prepare it, baby spinach is high in fiber, low in calories and wonderfully fresh and delicious on its own or in your favorite recipes.

Season: all year round

Serving suggestion: To cook, sauté in a little olive oil over medium-high heat until it's limp, but still bright green. Season with salt and pepper and you have a quick and easy side dish for fish, pork or chicken.

ELLERMANN TRADING LIMITED
http://www.ellermann.hk info@ellermann.hk Tel +852 3187 7488 Fax +852 3421 2262
603 Shun Kwong Commercial Building, 8 Des Voeux Road West, Sheung Wan, Hong Kong