Fresh Vegetable

SPINACH



Ref: SPI-02

Italian name: Spinaci

Weight order: 1 kg per case

Description: Used in almost every cuisine across the world, spinach is an enormously popular green vegetable and a rich source of vitamin A, C and iron. The leaves can be either flat or slightly ruffled, and are a bright green when young, deepening to a more intense colour when older. The bitter flavour is distinctive. Dishes which end in "a la Florentine" have spinach as a key ingredient.

Season: all year round

Serving suggestion: The milder, young leaves can be eaten raw in a salad, while the older ones are usually cooked (spinach has one of the shortest cooking times of all vegetables). It reduces very dramatically during cooking; a 450g bag will be just enough for two people.

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