

Spinach sauce : healthy eating : miscellaneous / Tesco.

Contributors

Tesco (Firm)

Publication/Creation

[Cheshunt] : Tesco, [1994]

Persistent URL

<https://wellcomecollection.org/works/jqn7ws6b>

License and attribution

Conditions of use: it is possible this item is protected by copyright and/or related rights. You are free to use this item in any way that is permitted by the copyright and related rights legislation that applies to your use. For other uses you need to obtain permission from the rights-holder(s).



Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>



RECIPE
COLLECTION

from
TESCO

SPINACH SAUCE

HEALTHY
EATING

MISCELLANEOUS

TESCO

SPINACH SAUCE

SERVES 4

Ideal to serve with all
white fish.

INGREDIENTS

25g (1 oz) Healthy Eating Half Fat
Sunflower Spread
25g (1 oz) Plain Flour
450ml ($\frac{3}{4}$ pint) Semi-skimmed Milk
Ground Black Pepper
250g Spinach, very finely chopped*
Pinch of ground Nutmeg

SERVING SUGGESTION

Just pour over any ready cooked
white fish and serve with rice, pasta,
or potatoes and vegetables.

METHOD

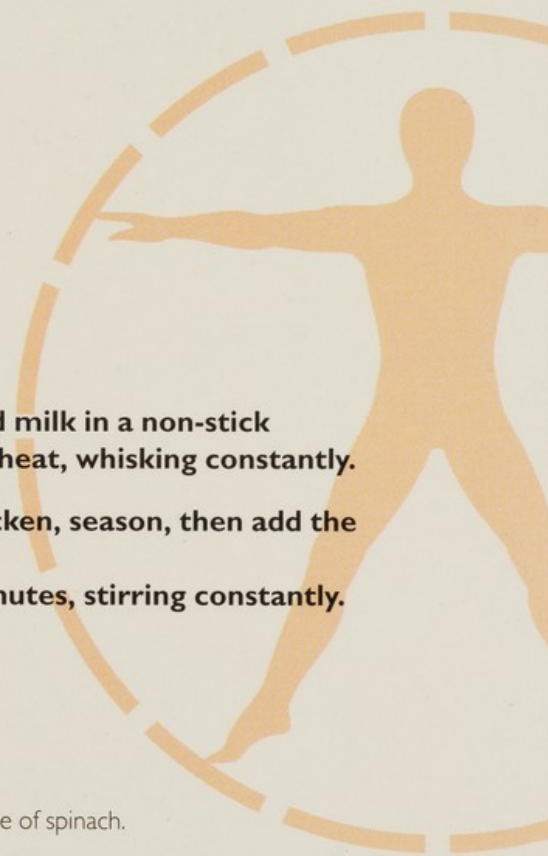
- 1 Place the margarine, flour and milk in a non-stick
saucepan. Cook over a gentle heat, whisking constantly.
- 2 When the sauce begins to thicken, season, then add the
spinach and nutmeg.
Simmer for a further 2 – 3 minutes, stirring constantly.

*Or try finely chopped watercress in place of spinach.

NUTRITION INFORMATION PER SERVING

| Energy | Fat | Protein | Carbohydrate | Fibre |
|---------------------|-----|---------|--------------|-------|
| 144 Calories (kcal) | 8g | 6g | 12g | 2g |

All lines subject to availability at Tesco



22-3-94