

Spinach with soy sauce and sesame

(Hourensou No Aemono /ほうれん草の和え物)

Ingredients

11oz (300 gr.) spinach

1-1 ½ Tablespoons (15- 25 gr.) soy sauce

any of the following toppings (Katsuobushi (Dried Bonito flakes) , roasted and ground sesame seeds, chia seeds, etc.)



Instructions

Boil spinach for about one and a half to three and a half minutes.

Drain with a strainer or colander.

Soak in cold water for 10 to 20 seconds to cool the spinach and for a crispy finish.

Drain the water again. Squeeze the water as much as possible.

Put spinach in a bowl, add soy sauce and dried bonito flakes, and let it sit for a few minutes to add flavor.

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