

THE CHILDREN OF

5 B

PRESENT

SPINACH WITH
RICE

INGREDIENTS:

- 1 KG. SPINACH
- WHITE CHOPPED ONIONS
- 1 SMALL ONION
- ½ CUP MINCED DILL
- 1 CUP RICE
- 2 CUPS WATER
- ¼ CUP LEMON JUICE
- ½ CUP OLIVE OIL
- 2 EGGS

INGREDIENTS:



PREPARATION:

WE CHOP SPINACH



WE CHOP...WE CHOP ...



WE CHOP ONION



CUTTING THIN SLICES OF LEMON



IN A DEEP PAN HEAT OIL AND



..... GENTLY FRY GREEN ONION



ADD THE REST OF THE VEGETABLES



COOK SPINACH



ADD THE WATER



ADD THE RICE



BOIL THEM FOR 15 MINUTES



SERVE ON A PLATE



DECORATE THE PLATE WITH SLICES OF LEMON



BOIL THE EGGS AND PUT THEM ON THE SPINACH WITH RICE



THE FOOD SERVED



THE FOOD SERVED



ENJOY YOUR MEAL



ENJOY YOUR MEAL

