

Sweet Sesame Dressing

ほうれん草の胡麻和え

● Ingredients (servings 2)

½ bunch Fresh Spinach

1 Tbsp. Soy Sauce

1 Tbsp. Sugar

1 Tbsp. Mirin (sweet cooking rice wine)

1 Tbsp. White Sesame

● Prepare Spinach

If you use frozen spinach, you don't need to do this process. Just defrost.



Wash half of a bunch of fresh spinach.



Boil salt water.



Boil the spinach for 2 minutes over high heat.



During boiling, prepare cold ice water in a bowl.



After boiling for 2-minutes, transfer the spinach into the cold ice water for a couple of minutes to stop the cooking process.



Squeeze the spinach tightly with your hands and cut into 1 inch wide pieces. Set aside.

● Dressing



In a small bowl, combine
1 Tbsp. of white sesame
1 Tbsp. of sugar
1 Tbsp. of soy sauce
1 Tbsp. of Mirin

Mix well.



Dress the spinach with the sweet sesame dressing.

Enjoy as a side dish!

