

GREEK SPINACH RICE WITH FETA

★★★★★

COURSE: MAIN DISH, SIDE DISH, VEGETARIAN CUISINE: GREEK

PREP TIME: 10 MINUTES COOK TIME: 25 MINUTES

RESTING TIME: 10 MINUTES TOTAL TIME: 35 MINUTES

SERVINGS: 6 CALORIES: 263KCAL AUTHOR: EDYTA



This Greek Spinach Rice also known as Spanakorizo is one of the most popular and healthy traditional and authentic Greek dishes. It has soft and creamy texture with abundance of nutrients coming from cooked spinach, fresh herbs, lemon juice and extra virgin olive oil. It can be served as main dish or side dish to any of your favorite meats or fish. It can be vegan without feta or vegetarian with delicious salty feta cheese.

INGREDIENTS

- 1 Onion mild, yellow; medium, finely chopped;
- 2 Leeks small or one big (only white parts)
- 1 tablespoon Thyme fresh
- 6 oz Bag of Baby Spinach
- 1 cup Jasmin or Basmati rice
- 2 cups Water or Vegetable broth
- 2 tablespoons Fresh dill chopped
- 1/2 cup Feta Cheese
- 1/2 Lemon juiced to sprinkle over rice
- 4 tablespoon Olive Oil 2 for cooking and more for drizzle on top
- Salt and freshly ground black pepper to taste

INSTRUCTIONS

1. In a deep pan heat up 1 tablespoon of olive oil;
2. Add onion and simmer for about 10 minutes on low heat;
3. Add thyme and leeks and simmer for another 5 minutes;
4. Add half a cup of water and broth base, then simmer for another 5 minutes;
5. Add spinach and cook until wilted;
6. Add rice and let it cook for about 2 minutes;
7. Add half a cup of water and stir;
8. Keep adding half a cup of water at the time once the rice absorbs it;
9. It can take about 20 -25 minutes until rice is fully cooked;
10. Adjust seasoning with salt and pepper.
11. At the end add dill and mix well;
12. Take off the burner and cover it up; Add lemon juice and olive oil;
13. Let it sit for about 5-10 minutes to have all the liquid absorbed;
14. When serving, sprinkle more lemon juice, olive oil and top it with Feta Cheese. Enjoy!

NOTES

*You can also serve feta on a side instead of the top of the rice. I know some people prefer it this way.

** Instead of water you can use chicken broth or vegetable broth. They have a different level of saltiness so make sure to adjust seasoning accordingly.

NUTRITION

Calories: 263kcal | Carbohydrates: 33g | Protein: 5g | Fat: 12g | Saturated Fat: 3g | Cholesterol: 11mg | Sodium: 170mg | Potassium: 301mg | Fiber: 2g | Sugar: 2g | Vitamin A: 3270IU | Vitamin C: 19.6mg | Calcium: 127mg | Iron: 2.1mg