

Spicy toasted Coconut Spinach

Ingredients

1 shallot
¼ tsp sea salt
1 tbsp coconut oil
½ tsp mustard seeds
¼ tsp whole cumin seeds
½ tsp red pepper flakes
1 cup chopped asparagus (optional)
1 pkg (7oz) spinach, chopped
1 tbsp lemon juice
2 tbsp unsweetened coconut, lightly toasted

Directions

1. Finely slice the shallot and garlic into small pieces. Sprinkle salt over and using a mortar a pestle mash together. Do not overdue this as you still want it to be chunky.
2. Heat coconut oil in a large skillet over medium heat until fully melted.
3. Once heated add mustard and cumin seeds and cover with a lid for a few minutes. Seeds will pop so ensure the lid is on once seeds are added
4. Add red pepper flakes and asparagus and cut for another few minutes. Reduce heat if you find mixture to burn
5. Finally mix in the garlic-shallot mixture and all of the spinach.
6. Stir until spinach begins to collapse and cook. This should only take a few minutes.
7. Finally add lemon juice and coconut, which has been lightly toasted in the oven.
8. Serve as a side dish or as a garnish

Serves 2-3.