Creamed Spinach

Ingredients:

1 kg spinach, roughly chopped

2 onions, chopped

0.5 teaspoon nutmeg

3 tablespoon butter

6 cloves garlic

1 cup heavy cream

2 tablespoons flour

Salt and pepper to taste

1. Sauté spinach in a large pan until wilted. Drain and blot with serviettes.
2. In the same pan, melt butter and sauté onion and garlic until softened.
3. Add the flour and cook for 5 minutes until no longer raw, stirring frequently.
4. Add cream and bring to a simmer. If too thick loosen with some milk.
5. Add cooked spinach, salt and pepper. Mix well and cook for another 5 minutes.
6. Serve when warm