JAPANESE · SIDE

Spinach Goma-ae with Sesame Dressing

15 min · Serves 4 · 73 kcal a serve · Video 3:08 · Just One Cookbook

Vegan · No nuts listed

About 70 kcal a serve with more than two days' vitamin K, rich in folate and vitamin A, and a source of iron and magnesium from the spinach and sesame. Only a tablespoon of sugar for four serves and no added oil.

Diet notes: Low saturated fat (0.6 g, 7% of the energy); Gluten-free with a swap: Use tamari instead of soy sauce to keep it gluten-free.

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Ingredients 7 · SERVES 4

- [ ] 1 bunch (½ lb, 8 oz) **spinach**
- [ ] a pinch of **salt** for the blanching water
- [ ] 3 Tbsp **roasted white sesame seeds**
- [ ] 1½ Tbsp **soy sauce**
- [ ] 1 Tbsp **sugar**
- [ ] ½ tsp **sake**
- [ ] ½ tsp **mirin**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Sesame, Soy, Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Grind the toasted sesame seeds in a mortar and pestle (suribachi), leaving some seeds whole for texture. 0:07
2. Add the sugar, soy sauce, mirin and sake to the ground sesame and mix into a thick dressing. 0:21
3. Bring a large pot of lightly salted water to the boil. Add the spinach stem-side first and cook for 30–45 seconds. 0:43
4. Lift the spinach into iced water to stop the cooking, then gather it up and squeeze out the water firmly. Cut into 1–2 inch lengths. 1:04
5. Put the spinach in a bowl, add the sesame dressing and toss together. Serve at room temperature or chilled. 1:27

> **Tip** Try the same dressing on blanched green beans, broccoli or asparagus. Dress the spinach just before serving; it keeps a day in the fridge.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
73 kcal	**3.4** g	**7.4** g	**2.1** g	**4** g	**470** mg
300 kJ	7% of a day	5.2 g net · 3.6 g sugars	8% of a day	0.6 g saturated	20% of a day
		3% of a day		5% of a day	

Energy from net carbs 30% · protein 19% · fat 51%

High in (20%+ of a day) Vitamin K 221% · Vitamin A 29% · Folate 29%

Source of (10–19%) Magnesium 18% · Vitamin C 17% · Iron 15% · Vitamin B6 11% · Calcium 10%

Recipe and video: Just One Cookbook (@justonecookbook) on YouTube — youtube.com/watch?v=NN98B6TzH3w, published 5 June 2016. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/spinach-gomaae