

# Z-LIGHTFUL SAUTEED SPINACH

8/5/2024

Plate: Baker's Dish

To Go: 8oz Squat

## STEP #1: INGREDIENTS

1/2 vz Vegetable Oil

1 each [Spinach Portion \(6 wz.\)](#)

2 shakes [Salt & Pepper Seasoning](#)

## SETUP / GARNISH

1 each [Lemon Wedge](#)

## STEP 1: TO COOK

1. Ladle the oil into a clean skillet.
2. Place **HALF** of the spinach portion into the saute pan and **spread** into an even layer.
3. Shake the salt & pepper seasoning **evenly** over the spinach.
4. Saute until the spinach is wilted.
5. Add the remaining half of the spinach portion.
6. Toss the contents of the saute pan just enough to incorporate the uncooked spinach.
7. Use a slotted spoon to mound the spinach into an infinity bowl.

