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Recipe:

Rice with spinach and egg yolk

Ingredients:

115 g of spinach

1 x yolk

50 g of rice



Difficulty:



General description and procedure:

- Put an egg in the water to boil, let it boil for 10 - 15 minutes.
- Wash fresh spinach and cook it in boiling water for about 5 minutes. When it is cooked, mix it and, if desired, add a little milk mother's, substitute or real, depending on what the child drinks for a better taste.
- We also cook rice in water, which is cooked for as long as it takes depending on the type of rice we use.
- Peel a hard-boiled egg from which only the yolk is taken and break it into small pieces.
- Mix rice, spinach and egg yolk, add a teaspoon of olive oil and serve to the little one.