



FOUNDED 1711

WINE AND OLIVE ESTATE

## Mushrooms and Spinach Italian Style

*RECIPE 88/98*

### What you will need:

**4 tablespoons Morgenster Extra virgin Olive Oil**

1 small onion, chopped

2 cloves garlic, chopped

400g fresh mushrooms, sliced

About 290 g clean fresh spinach, roughly chopped

**2 tablespoons Morgenster Balsamic Vinegar**

**1/2 cup Morgenster NU Sauvignon Blanc**

salt and freshly ground black pepper to taste

freshly chopped parsley, for garnish

### How to prepare:

Heat the olive oil in a large skillet over medium-high heat. Saute onion and garlic in the oil until they start to become tender. Add the mushrooms, and fry until they begin to shrink, about 3 to 4 minutes. Toss in the spinach, and fry, stirring constantly for a few minutes, or until spinach is wilted.

Add the vinegar, stirring constantly until it is absorbed, then stir in the white wine. Reduce heat to low, and simmer until the wine has almost completely absorbed. Season with salt and pepper to taste, and sprinkle with fresh parsley. Serve hot.

