

AGGY'S SAUCES

LEMON, HERBS, SPICES BEANS & SPINACH RECIPE



TASTY MEAL

Serves 4

Cooked in 15 minutes

Lemon, herbs, spices sauce

1 or 2 Garlic cloves, crushed
3 medium onions, chopped
400g frozen spinach finely chopped
1 tin of white kidney bean
1 tin of butter beans
3 Tbsp of yoghurt or sour cream or soft cheese
2 Tbsp of olive oil
salt & pepper

Soften onions and garlic in oil

Add frozen spinach

Stir from time to time , when the spinach is warmed through

Add 3 Tbsp of yoghurt or your chosen alternative,

Mix in 2 Tbsp **Lemon, herbs sauce**

Add tins of beans and **simmer** for a further 15 minutes

Serve with baked potatoes or pasta

To make more usage of Lemon, herbs & Spices Sauce

- ◆ Glaze meats before grilling or roasting
- ◆ Marinade chicken at least half an hour before cooking
- ◆ Add zing to a soup
- ◆ Make a luxury pasta sauce
- ◆ Use with relish on sandwiches
- ◆ Dollop on a baked potato
- ◆ Dip your favourite crudités

BUY A BOTTLE, FEED A CHILD

For years Agnes has been developing the recipe for this sauce for friends and family.

Today they fund a foundation which provides hope for AIDS orphans in Zambia. Every jar sold feeds a child for day.

1 BOTTLE MAKES 5 MEALS

Aggy's Sauces are free from artificial preservatives and colouring, suitable for vegetarians

Once opened, sauces will keep in the fridge for up to 6 weeks or a while longer if topped with a layer of olive oil.

Aggy's Sauces Limited
www.aggysauces.com