



Spinach and Onion Béchamel Dip

Ingredients

- 2 Mediums Onion, finely chopped
- 2 cups Spinach, chopped
- 2 Cloves Garlic
- 2 tbsp Vegetable Oil
- 600 mL Skimmed milk
- 1 Sachet MAGGI® Bechamel Mix
- 1 tsp Ground Black Pepper
- 1.5 cups Cheese, gruyere
- 2 tbsp Fresh parsley, chopped

Instruction

1. Preheat oven to 200°C and place rack on medium level.
2. Combine skimmed milk and MAGGI® Béchamel mix in a deep sauce pan, stir over medium high heat until thickened.
3. In a separate large saucepan, add 1 tablespoon oil, sauté onions, garlic until golden in color add spinach and sauté until fully cooked for about 8 mins or until wilted.
4. Brush 1 tablespoon oil in the bottom of a baking dish. Arrange half of the onion, spinach mixture in the bottom of a baking dish, sprinkle pepper. Spread half of the béchamel sauce over onion, spinach mixture followed by half of the cheese. Repeat for a second layer ending with the remaining cheese.
5. Gently place in oven and bake for 30 mins uncovered until the cheese is melted and golden on top.
6. Remove from oven; let it cool for 10 mins. Sprinkle with parsley and serve.

Nutrition

Carbohydrates	18.73 g
Energy	263.21 kcal
Fats	15.41 g
Protein	13.33 g

40 Minutes

6 Servings