

## Greek Spinach Rice Balls

<b>Equipment</b>	<b>Ingredients</b>
Measuring cups & spoons	8 cups fresh spinach
Chopping board & knife	1 cup chopped spring onion
Oven tray	2 teaspoons olive oil
Mixing bowls and spoons	2 cups cooked brown rice
Frying pan	2 teaspoons dried dill
Large pot	1 ½ teaspoons lemon juice
	Salt and pepper
	1 cup plain breadcrumbs

**IT IS VERY IMPORTANT TO USE DAMPENED HANDS WHEN MAKING THE BALLS. CUT EVERYTHING IN TINY PIECES.**

### **How TO MAKE IT:**

- 1 In a large pot, steam spinach. Chop and set aside. Preheat oven to 180oC. Saute the spring onion in oil until just softened.
- 2 In a large bowl, combine spinach, spring onion, rice, dill and lemon juice. Add salt and pepper to taste. Stir well, mashing the rice against the sides of the bowl until the mixture holds together.
- 3 Spray an oven tray with cooking spray. With dampened hands, pack a heaping ¼ cup of the rice mixture into a ball. Roll the ball in the breadcrumbs and place on the oven tray. Repeat the process until all of the rice mixture is used up.
- 4 Bake for 20-25 minutes until the balls are heated through and crisp on the outside.

