



Eat and drink, but waste not by excess (Al-A'raf 31)  
Banu Atabay's Mütevazı Lezzetler® Turkish cooking recipes

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## Kebab with Spinach and Milk

Çimen Kebabı



1 bunch spinach  
8.8 ounces tenderloin cubes  
3 tbsp vegetable oil  
7 tbsp milk  
1 onion, small size  
2 tbsp yogurt  
1 tsp salt  
1/2 tsp black pepper

- # Mix the yogurt with grated onion. Add tenderloin cubes on it, refrigerate for 2 hours at least.
- # Boil the spinach with some water, drain, put into a pot, add milk and oil onto it, cook over for about 5-10 minutes, and add salt.
- # Roast the meat which was Marinette style rested with 2 tbsp vegetable oil, just before it gets cooked add salt and black pepper.
- # This kebab is cooked for 2 portions so place half of it on the service plate, add place half of the spinach on it and cover the meat with spinach well.
- # Serve hot.

**Note:** Marinate is a preparation before cooking lamb for increasing its taste and softness.