

Greek Spinach Rice (Σπανακόρυζο)

A traditional Orthodox fasting recipe

Greek spinach rice, known as Σπανακόρυζο, is a humble and nourishing Lenten dish, commonly prepared in Greek homes and monasteries. Simple ingredients, prepared with care, create a meal suitable for fasting periods of the Orthodox Church.

Ingredients (Serves 4)

- 500 g (1 lb) fresh spinach, washed and chopped
- 1 medium onion, finely chopped
- 2–3 spring onions, sliced
- ½ cup short- or medium-grain white rice
- 3 tablespoons olive oil
- 1½ cups water or vegetable broth
- 1 small bunch fresh dill, finely chopped
- 1 small bunch fresh parsley (optional)
- Juice of 1 lemon (to taste)
- Salt and black pepper, to taste

Instructions

- 1 Heat the olive oil in a wide pot over medium heat. Sauté the onion and spring onions until soft.
- 2 Add the spinach and stir until wilted.
- 3 Stir in the rice, then add the water or broth. Season with salt and pepper.
- 4 Lower heat, cover, and simmer for 15–20 minutes, stirring occasionally.
- 5 Remove from heat and stir in dill, parsley, and lemon juice.
- 6 Cover and let rest for 5 minutes before serving.

Serving Note: Serve warm or at room temperature with bread, olives, or pickled vegetables.