

Creamy Spinach and Potato Rice Bowl

This creamy spinach and potato rice bowl is a comforting and nutritious main dish that brings together the richness of milk, the earthiness of potatoes, and the vibrant flavor of spinach. Perfect for a satisfying meal for one!



Main Dish

25 min

Total time

easy

Difficulty

450

kcal / serving

Nutrition per serving (estimated)

Protein 11 g

Carbs 72 g

Fat 13 g

Fiber 5 g · Sugar 7 g · Sodium 420 mg

Ingredients

- 1 cup cooked rice
- 1 medium potato, diced
- 1/2 cup fresh spinach, chopped
- 1/2 medium onion, finely chopped
- 1/2 cup milk
- 1 tablespoon olive oil
- Salt and pepper to taste

Substitutions

Fresh spinach – An equal amount of frozen spinach, thawed and squeezed dry

Milk – An equal amount of unsweetened oat milk

Olive oil – An equal amount of neutral vegetable oil

Steps

- 1Heat olive oil in a pan over medium heat.
- 2Add the chopped onions and sauté until translucent.
- 3Add the diced potatoes and cook for about 5–7 minutes, stirring occasionally, until they start to soften.
- 4Stir in the chopped spinach and cook until wilted.
- 5Pour in the milk, season with salt and pepper, and simmer for 5 minutes until creamy.
- 6Combine the cooked rice into the pan, mixing well to coat.
- 7Cook for another 2–3 minutes until heated through.
- 8Serve hot, drizzled with a little extra olive oil if desired.

Chef's tips

- The finished bowl should look glossy and lightly coated, not soupy; the sauce thickens as it rests.
- Cut the potato into evenly sized small cubes so they soften on a similar schedule.
- Use a wide pan to help the milk sauce reduce evenly; stir gently near the end to keep the rice grains intact.

Drink pairing

A crisp, unoaked white wine such as Pinot Grigio

Its fresh acidity balances the creamy milk sauce without overpowering the spinach and potato.

0% option: Sparkling water with a squeeze of lemon

Storage

Refrigerate leftovers within 2 hours in a covered container and keep for 3–4 days. Reheat until steaming hot, adding a splash of milk if the rice has become dry.

Frequently asked questions

How can I tell when the potatoes are tender?

A fork should slide into a cube easily, while the pieces still hold their shape.

Can I make this ahead?

It is best freshly made, but you can cook it ahead and refrigerate promptly; the rice will absorb some sauce, so loosen it with a little milk when reheating.

What can I serve alongside the bowl?

A crisp green salad or a slice of crusty bread pairs well with the creamy rice and potatoes.