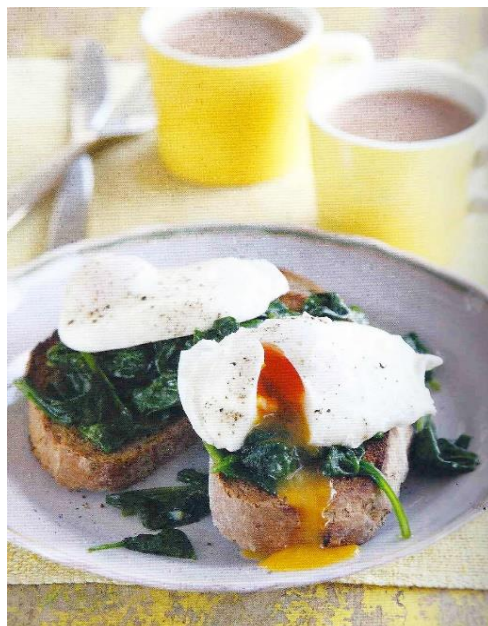


Spinach and Eggs

This dish makes a wonderful healthy and filling breakfast (but is also perfect for a quick supper)

INGREDIENTS

- 2 large eggs
- Olive oil
- 200g spinach
- 1 teaspoon lemon juice
- 1 clove of garlic, crushed
- Freshly ground black pepper, to taste
- Pinch of LoSalt



SERVES 1

RECIPE BY:
SALLY BEE

METHOD

1. Bring a pan of water to a rolling boil and carefully break both eggs into the pan. Place a lid on the pan and turn the heat off. Leave the eggs to cook in the hot water for 3 minutes.
3. Meanwhile, warm the olive oil in a saucepan over a medium heat then add spinach, crushed garlic, black pepper, LoSalt and lemon juice.
4. Stir well and heat through for 1-2 minutes or until the spinach has wilted.
5. To serve, place a bed of spinach onto a plate, pop the eggs on top and sprinkle with freshly ground black pepper and a pinch of LoSalt

